

BEGINNER'S GUIDE TO BODYBUILDING

JOE WEIDER'S

AUSTRALIAN

FLEX

ARNOLD
THE MIND GAMES
OF THE MASTER

**RYAN
TERRY**
HIS SECRET ABS
TRAINING TIPS

PRO TIPS
TO FILL YOUR FRAME

**ALL HAIL THE
ROCK**
OUR MAN OF
THE CENTURY

**MAX YOUR
MASS WITH
PYRAMIDS**

**BODYBUILDING'S
BIGGEST
BEASTS**

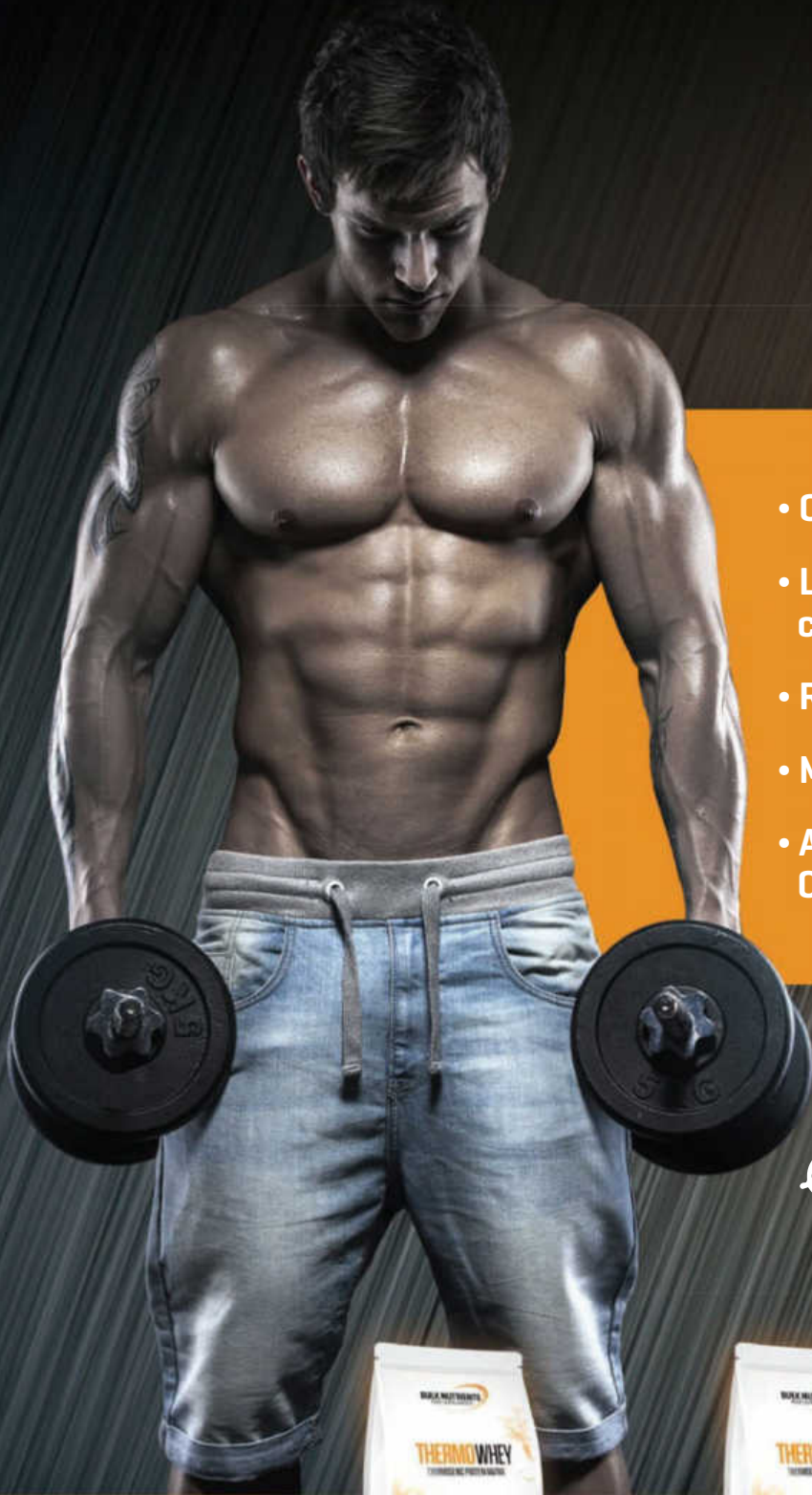
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DEXTER JACKSON
MORGAN ASTE
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FEBRUARY | MARCH 2016

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"I was brought up under great discipline, which meant that when I made up my mind, I had to follow it through."



THIN AGAIN



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ARNOLD'S ADVICE TO BEGINNERS

■ Ah, to be a beginner body-builder in 2016. First off, I want to congratulate you on deciding to pick up the iron and change your body. It will change your life, too. Second, I want you to know that there's never been a better time to start weight training, no matter how old you are. There's more information than ever on how to train and eat and more ways to become inspired. When I started out in the 1960s, I had nothing but this magazine and its pictures of Reg Park to guide me – and I guess you could say I turned out all right. Imagine what you can do with all of today's resources at your disposal.

As you begin your journey, I'll offer the following "advices" (and if you've seen *Pumping Iron*, you know that last word wasn't a typo).

First, get a picture in your mind of how you want your body to look. Visualisation is enormously important in sculpting a physique, because once you know where you want to go, you need only to begin moving in that direction to get there. If you want big arms, focus on curls. A big chest? Bench presses and flyes. At this stage in your development, stick with the basic exercises. You'll get more out of

squats and chin-ups than you will from machines. Also, don't forget to warm up properly and stretch. Don't let your eagerness to lift heavy weights lead to injury.

Keep your reps in the range of eight to 12. On the nutrition front, don't fall for diet fads – eat healthy food. You need about one gram of protein per pound of your body weight every day [approx. 500g per kilo] and carbs from rice, potatoes and vegetables. Let your fats come from big, juicy steaks (at least that's what I ate!).

I also recommend that you find a training partner. When I was starting out, I was motivated to progress that much faster by having little competitions each workout with friends. Partners keep you accountable, and they make training fun, and don't be surprised if you meet some of the best friends of your life in the gym. Remember to stay hungry, and welcome to the brotherhood!

YOURS IN IRON,

ARNOLD SCHWARZENEGGER

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A full-page photograph of a very muscular man performing a pull-up on a horizontal bar in a gym. He is shirtless, showing his abdominal muscles, and is wearing black shorts and white sneakers with blue accents. His arms are fully extended upwards, gripping the bar. The background is slightly blurred, showing other gym equipment.

THE HOT TOPICS IN BODYBUILDING AND FITNESS

1ST SET

**"KEEP
YOUR LEGS
STRAIGHT
AND TRY NOT
TO SWING"**

RYAN TERRY

THE UK'S FOURTH PLACE FINISHER AT THIS YEAR'S MEN'S PHYSIQUE OLYMPIAN ANSWERS YOUR QUESTIONS

How do you get such phenomenal abs?

This is probably the question I get asked the most. I treat my abs like any other body part. If I'm trying to build them, I use heavy weights and low reps and give them 3 to 4 days rest in between workouts to allow the muscle tissue to repair. Closer to a show, I do fewer sets and introduce more intensity and circuits.

I also vary my workouts. Don't just do 40 minutes of crunches; break your abs down into upper and lower abs. There are lots of elements to think about. You have to make your waist smaller, build core strength and develop your obliques as well as your six-pack. Finally, remember that abs are made in the kitchen, no matter how hard you train.

What are your favourite abs exercises?

Here are some of my regular exercises. You can build a workout

around them choosing your own sets and rep ranges. I usually do weighted exercises first then body weight exercises to finish.

→ HANGING LEG RAISES

Your legs comprise half your body weight so I have to hold up 45kg. Keep your legs straight and try not to swing.

WEIGHTED CRUNCHES ON A CABLE MACHINE

This is a really good exercise for upper and lower abs.

CABLE WOOD CHOPS

One of my favourite moves for core. It really taxes them.

THE PLANK

This is a simple but effective exercise to finish with.

What did it mean to compete at the Olympia?

I know this sounds cheesy, but it

was a dream come true. As soon as Men's Physique started at the Olympia, I wanted to do it. It's the ultimate in my profession. Any competitor wants to be the best in the world. I couldn't wait to wear that red Olympia jacket and I was overjoyed to finish fourth.

How does the sport differ in America and Europe?

The biggest difference is size. The Americans seem to hold a lot more size and have bigger frames. They live their lives more like bodybuilders in that they have off seasons lasting up to eight months then get ready for shows. In Europe, guys tend to stay in shape all year round and compete more often, but they're not as muscular. It will be interesting to see if the new Classic Physique division introduced in America changes things. The posing is different, too. In America everything should be relaxed and effortless. It's all about that cover model look. Over here, you can show your condition and shape more.

How do you go about promoting yourself in America?

Until you're over there, it's difficult to promote yourself. When you do go, it's good to stay for a while and go to several big events. It helped me to do three shows back-to-back this year. It gave me more of an opportunity to sell myself, meet people and network. I was there for five weeks out of six.

But be careful: I was so fixated about promoting myself last year that I messed everything up. I should have been focusing on my physique and posing, but I put too much pressure on getting known in America, and, consequently, my results suffered.

If someone wants to succeed in Men's Physique, what advice can you give them?

Do your research. Don't turn up to be a number; turn up to win. But don't rush things. Work on your posing, get feedback from other people and prepare properly.



Ryan (second from right) on stage at the Olympia.

200

Average number of **reps per week** shown to maximise mass gains of the quadriceps.

IT'S ALL IN THE HIPS

■ On average, hip thrusts activated the glutes twice as effectively as barbell squats when using a 10 RM, according to researchers in New Zealand.

T-BOOST

■ University of Connecticut, US, research showed training with large muscle groups with **heavy loads and shorter rest periods** spiked testosterone for more than two hours after training.

COUNT TO 3

■ Taking three seconds to lower the weight compared with one second may increase the spike in growth hormone sevenfold.

MUSCLE DOES EQUAL POWER

■ Research out of the University of Oklahoma, US, found that the performance of elite powerlifters could be accurately predicted by the amount of skeletal muscle mass they carried.

**“YOU’RE
ACTUALLY
INTENSELY
FOCUSED ON
ONLY YOUR
MUSCLES AND
PAYING NO
ATTENTION TO
THE METAL
MOVING”**

-MAMDOUH ELSSBIAY





JUNK IN THE TRUNK

■ A study found that eating junk food or overeating occasionally can change the hormones that regulate sugar and fat metabolism and inflammation, causing the early, subtle signs of metabolic disease, or a combo of risk factors for heart disease like high blood sugar, cholesterol and blood pressure.

120

The **percentage waist circumference can increase** for those who eat adverse and unhealthy diets.

TIME FOR T

■ A study in the *Journal of Sexual Medicine* discovered that low levels of testosterone can also mean increased depression. Researchers following 200 men with low T found that 58% of them suffered from symptoms of depression.

WEIGHT LOSS? SWEET!

■ Sugar substitutes may lead to reduced calorie intake and bodyweight found a new review in the *International Journal of Obesity*. Sweeteners can support a healthy energy balance to help keep body weight constant.

WITH WHEY

■ A study in the *Journal of the American College of Nutrition* found that adding beta-hydroxy-beta-methylbutyrate and a slow-release carb called isomaltulose can reduce markers of muscle damage and improve performance when taken with whey protein.



WE LOVE PROTEIN

■ Eating protein may actually be as good for your cardiovascular health as quitting smoking or upping exercise time, a study in the *Journal of Nutrition* recently found.



BIG RAMY

Q What motivated you to start bodybuilding?

My older brother brought me to his gym when I was 16. There were other bodybuilders there who had won local competitions, and he convinced me that if I tried, I could do better than them. I really did not think about it as a possible career until I won my first amateur competition – and after that it was all I wanted to do.

Q What did you do after the competitive season?

I went on a long holiday in Egypt with my wife and kids. It was great to relax and be a normal person.

Q What are your go-to DVDs for motivation?

Watching DVDs of Ronnie Coleman, Dennis James and Kevin Levrone helps me to remember why I do this.

STEVE KUCLO

Q Do you have any resolutions for 2016?

I was not pleased with what I brought to the stage in 2015. I believe everything happens for a reason. I always try to look for the positive in every negative. This has definitely lit a fire inside me for 2016.

Q What's your dream car?

I'm a huge car enthusiast, and for my 30th birthday I purchased a 2003 Mustang Cobra...it's known as "the Terminator" in the car world. I love to wrench on cars. It's a stress reliever. I think it would be pretty cool to get my Cobra in a muscle car magazine. It should have close to 800 RWHP when I'm finished.



CODY MONTGOMERY

Q What was it like seeing yourself on the cover of FLEX?

It was a dream come true. It's a testament to the idea that if you dream and believe, anything is possible.

Q How did other people respond to the cover?

It was a month to remember, with people asking me to autograph the magazine. I have a picture of me holding up the first magazine I was ever in: FLEX [with Flex Lewis on the cover]. I remember thinking of my idol, Flex Lewis, and the inspiration he has been throughout the years.



JUAN MOREL

Q How do you choose your posing music?

I look for something slow and theatrical because that type of presentation goes with my physique. At the 2015 O, I did "With Arms Wide Open" by Creed because my wife was pregnant.

Q Best part of the 2015 O?

Walking away from the Olympia Banquet when Flex Lewis comes after me and says, "You need to come back". Which I did, and I received the IFBB Pro League's Most Improved Athlete award.

DANY GARCIA

Q You're an executive producer on HBO's Ballers. What's the secret of its success?

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RAMY, KUCLO, MONTGOMERY, MOREL, PER BERNAL; GARCIA: JAMES PATRICK

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Name: Mateo Vaihu

Age: 40

Off season weight: 103-105kg

Competition weight: 93-96kg

Occupation: machine operator

Began training: 2008

Reason for starting training:

I was introduced to training with weights by a good friend, then it became a passion and a goal to strive towards.

Training programme: my coach provides my programme. Each day is a different training session.

Currently trains at: New York Fitness Papakura, Fitness Plus Manukau, 0-2-100 Gym Botany

Favourite exercise: deadlifts and squats

Role models/inspiration:

my sponsor Moe Almoussawi, as well as my coach Salah Ibrahim.

Plans and ambitions: giving 110 percent in all I do to make an impact on people's lives. To become a great role model for all types of people. Most importantly to make a difference.

I would like to thank: my sponsor Moe Elmoussawi for all he has done for me; my coach Salah Ibrahim and my wife and kids for their ongoing support. Family means the world to me.



COMPETITION HISTORY

- 2010** Mr NZ novice men under 85kgs
- 2011** Mr NZ open men under 85kgs
- 2014** Mr Counties, Manukau open men under 100kg/ overall winner for Mr NZ
- 2015** 4th place open men
Arnold Classic Melbourne Australia
- 2015** 1st place open men under 100kgs
Amateur Olympia Gold Coast Australia



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MAKING MUSCLE

A THINKING MAN'S APPROACH TO PACKING ON MUSCLE

When I think about my mass-building workouts and reflect on the changes I'd make while applying the experience and knowledge I've gained over the nutty years gone by, I realise that nothing has changed. I'm still me in an older body practising the same basic combinations to fulfill the same basic needs; eating the same basic menu to sustain the same basic muscle.

Early on in the '60s I trained each muscle group three times in a six-day workout week. Today, I think more rest is healthier and more productive. For most of you, I prefer a five-day week hitting the muscle groups twice each week. A three on and one off, two on and one off with maximum intensity and slugging pace sounds just about right.

I used to train chest specifically only once a week. The second half of the training week had me condensing the shoulder and chest routines. Hoping to work on my pressing power as part of the "mass intentions", I'd put one pressing early in the week to match the winging-it power workout. The mid-to-steep incline sufficiently bombs both high chest and shoulder mass. The inclusion of dips for arms would, with focus and body positioning, further the chest cause. Plenty of hard and complete pec work without overload is provided. Too much repetitive, heavy benching is tough on the rotators over the years ahead, and I don't recommend it for anyone.

I've always loved wide-grip chins to the front with a nice arch for a big and wide back. Pulldowns to the

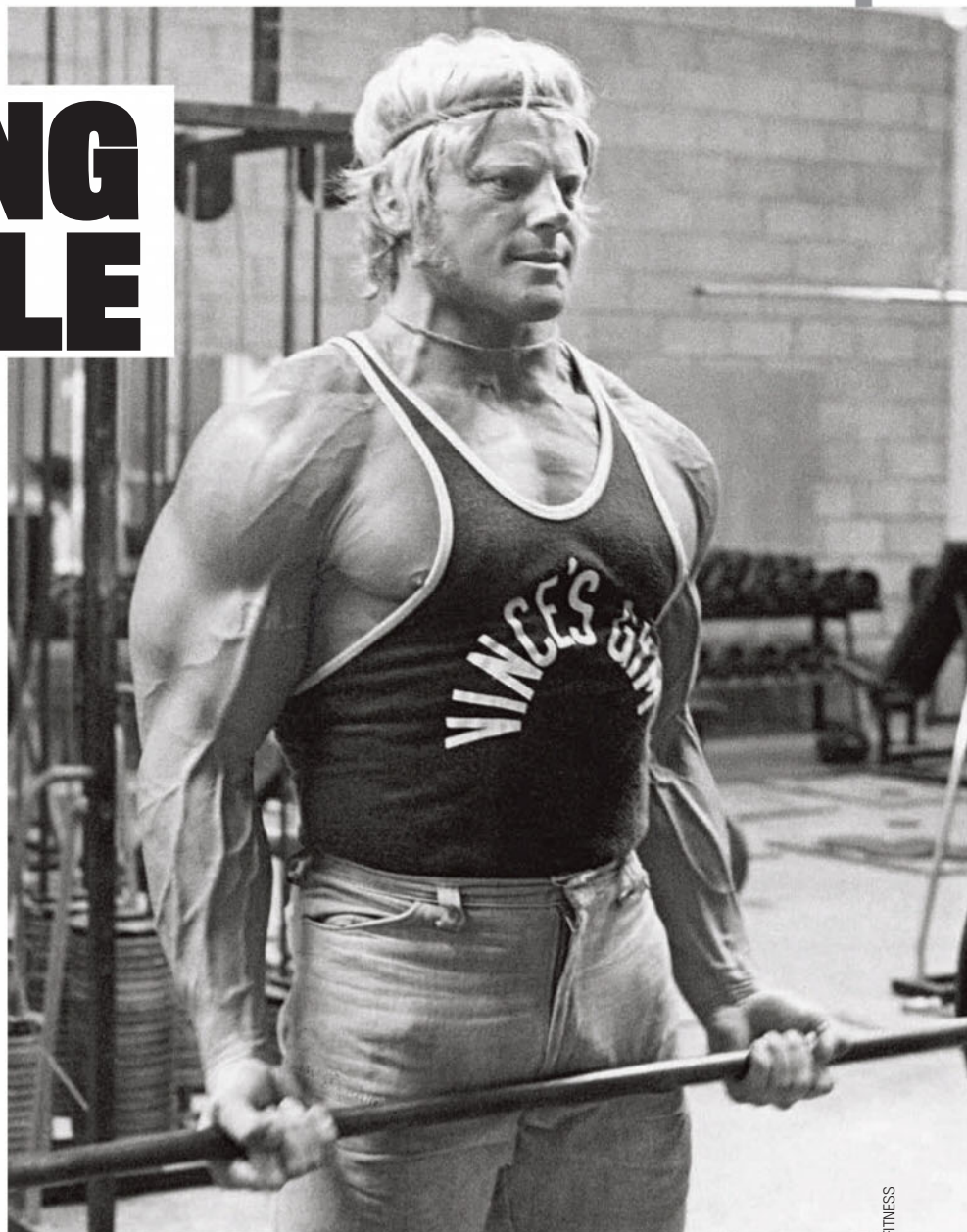
front are also wonderfully effective for achieving lat development – the only substitute if you're not ready for chins. This superset, or any superset done with an aim for mass, will help build solid muscle by the pounds, in time, providing your menu is as sound and particular as your training.

Don't be misguided to believe supersets are only for getting ripped. You can still handle the poundage as you condition yourself and plan ahead.

Bentover rows are a major, comprehensive mass builder. They fall into the category of squats and deads in that so

much of the muscle system is involved that entire body growth is stimulated. Over the years, I always went once a week on barbell rows to save the lower back from overload. One-arm dumbbell rows with a supportive three-point stance allow us to go heavy without excessive lower-back demand.

And with those you have the advantage of varying the range of motion and contraction that only dumbbells can provide. Here, too, a power program can be implemented to get all-over mass and thickness. Train hard and enjoy it.



WHAT A GEM

BOND GIRL STUNT DOUBLE GEMITA SAMARRA HUNTS HER OWN FOOD, WIELDS KNIVES AND DEFIES DEATH ON THE REGULAR. HERE'S WHAT ELSE YOU NEED TO KNOW ABOUT HER.

SHE...

- ... is not intimidated being the only female stunt double on a set.
- ... likes a man who puts his muscle to the test with competitive sports.
- ... is most attracted to a man who is not intimidated by her uncommon passions.
- ... learned Filipino knife fighting from Dave Bautista on the set of *Spectre*.
- ... loves cooking meals from her favorite Jamie Oliver cookbook.
- ... is always looking for the next challenge and is working towards her helicopter pilot's licence.
- ... grew up on a farm and has been known to hunt (with a recurve bow), skin and cook her own food.
- ... believes strongly in the humane treatment of animals, and unless she's hunting her dinner, she eats a mostly vegetarian diet with the occasional wild fish.
- ... gets her fuel for her training from a carb-heavy diet.
- ... prefers using sports to sculpt her body, including Brazilian jiu-jitsu and climbing.
- ... used to compete in horse riding and synchronised swimming.

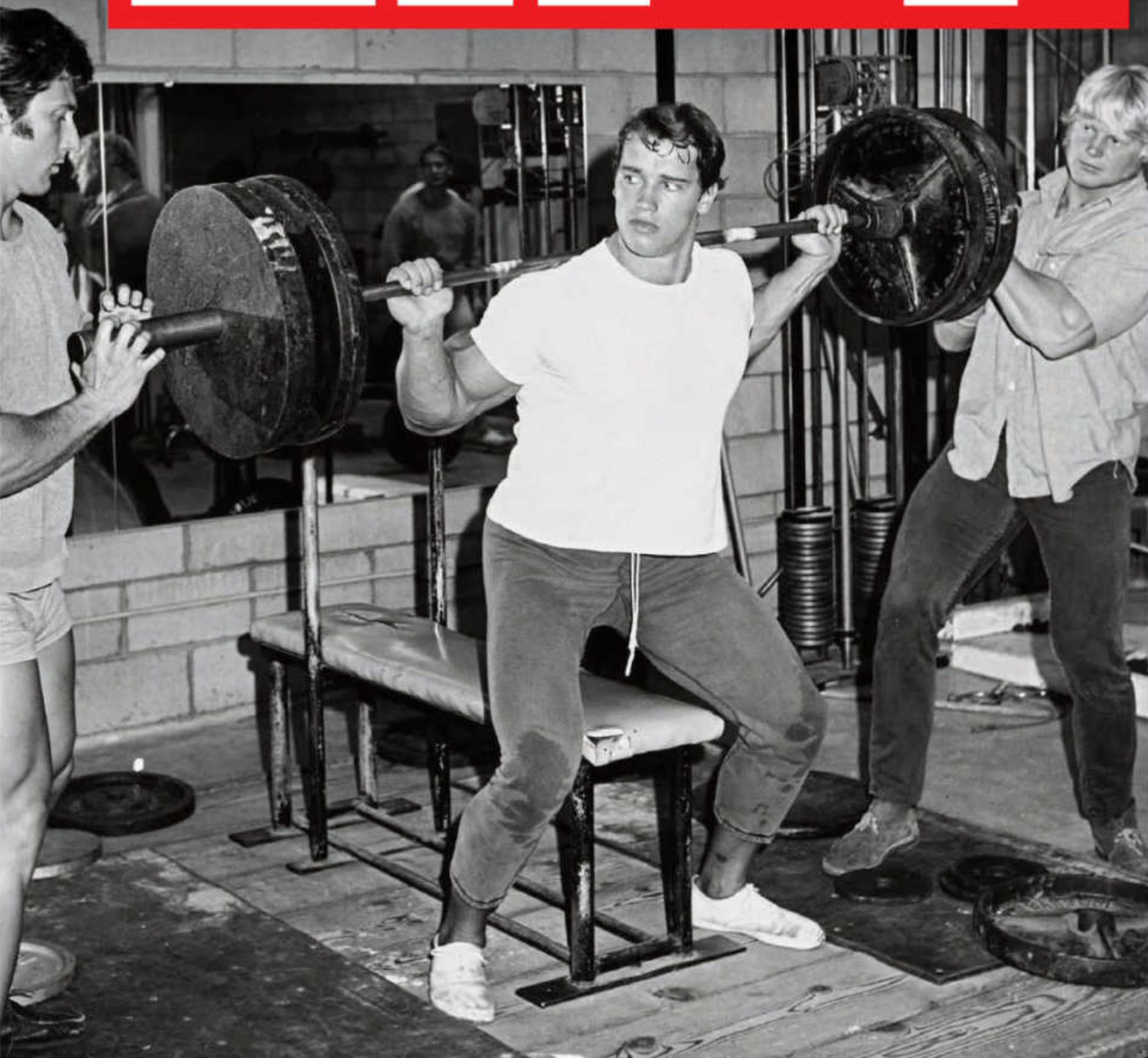
STRAIGHT STUNTIN'

■ Gemita has also performed stunts for *Kingsman* and *24*. She'll appear on the upcoming season of *Game of Thrones*.

Follow **gemita** on Twitter and Instagram: @gemitasamarra

TRAINING TIPS TO POWER UP YOUR WORKOUTS

LIFT



ART ZELLER/FITNESS PUBLICATION, INC. COURTESY OF WEIDER HEALTH AND FITNESS

BY HANY RAMBOD

THE PRO CREATOR

LIFT



Hany Rambod makes sure four-time Mr O Phil Heath targets the right muscles.

FILL YOUR FRAME

PRO TIPS TO HELP YOU GET THE LOOK YOU'RE AFTER IN NO TIME

A bodybuilder's physique has traditionally been described as an X, complete with wide shoulders, a small waist and big legs. The term "V-taper" has evolved to describe Men's Physique, a look focused on upper-body training. With the launch of the Classic Physique division in 2016, a new frame has been introduced to the mix. I'll call bodybuilding "Bold X," classic physique "X" and men's physique "V". Follow these pro tips to maximise your frame (shoulders, back, waist and legs) or build up into a bigger one.

| BODY PART | V (Men's Physique) | X (Classic Physique) | BOLD X (Bodybuilding) |
|--|--|--|--|
| SHOULDERS All groups will perform presses and variations of lateral raises. | Rep range is 10-15. Achieve a combination of shape, roundness and separation. | Rep range is 8-10. Achieve a combination of size and definition. | Rep range is 6-8. Go super heavy for size. |
| BACK Backs are trained for both width and thickness for each group. | Rep range is 10-15. Focus on upper back (straight-arm pulldown, pull-up, and pulldown). | Rep range is 8-10. Upper and lower lat fullness (reverse-grip row, straight-arm pulldown). | Rep range is 6-8. Thickness and width (deadlift, dumbbell row, barbell row). |
| ARMS Exercises are barbell curls, preacher curls, pushdowns, skull crushers. | Rep range is 10-15. Shoulders should be balanced with your arms. Use high reps/light weight. | Rep range is 8-10. Also balanced, but more size for both shoulders and arms. | Rep range is 6-8. For proportionate shoulder to arm size, you're looking at over 50cm. |
| LEGS Train your calves. If things are close that could be the tie-breaker. | Rep range is 10-15. I have my guys train legs once a week (squat, lunge, standing calf raise). | Rep range is 8-10. Lunge and squat, but not so heavy that it compresses the torso. | Rep range is 6-8. Go heavy on all exercises (squat, leg press, hack squat, calf raises). |
| ABS A well-developed midsection sets off the rest of the physique. | Rep range is 50. The waist is going to be the smallest of all the divisions. Body weight only. | Rep range is 20-24. Ideal is a 30- to 31-inch waist (76-78.5cm). Use moderate weight. | Rep range is 10-15. Use heavier weight to thicken the abs from multiple angles. |



■ In a sense, the basic components of bodybuilding workouts are numbers. How many sets and reps are you doing? How many grams of protein and carbs are in your meal? How much weight is on the bar or the scales? So there's mathematics. But that's not the only maths of muscle-making. Sometimes there's geometry, as well. Pyramids can be the building blocks of routine construction – whether they're right-side up or upside down. Let's analyse how and why triangular shapes are so effective at increasing the numbers that matter most: the weights you lift, the reps you do and the quantity of muscle you carry.

PYRAMID SCHEMES

UTILISE PYRAMIDS AND REVERSE PYRAMIDS
TO INCREASE STRENGTH AND MASS

PYRAMID

| SETS | WEIGHT | REPS |
|------|--------|------|
| 1 | 60kg | 12 |
| 2 | 85kg | 10 |
| 3 | 100kg | 8 |
| 4 | 120kg | 6 |

REVERSE PYRAMID

| SETS | WEIGHT | REPS |
|------|--------|------|
| 1 | 110kg | 5 |
| 2 | 100kg | 7 |
| 3 | 90kg | 10 |
| 4 | 85kg | 15 |

PYRAMID POWER

There's a lot of mumbo jumbo about the magical power of pyramids. When it comes to your workouts, forget the mysticism and look at the real-world advantages.

A pyramid is a progression of sets that grow heavier as the reps reduce. This culminates with the apex: a maximum set of, typically, three to six reps. (This apex can be repeated, but, for discussion's sake, we'll refer to a single apex per exercise.) The apex is generally the only set you push to failure or beyond, thus preserving your strength for that ultimate effort. Our pyramid example (above) advances to a six-rep max.

Not all pyramids have an apex set with six or fewer reps. Any set progression incorporating heavier weights and lower reps is a pyramid, even if the apex is 15 reps. In this way, you can construct an entire routine of pyramids but push only a few select exercises to low-rep maxes.

Pyramids let you work one exercise through an entire rep range. Therefore, you can get the muscle-stimulating benefits of moderate or even high reps as well as the strength-boosting advantages of low reps. The progression also allows you to warm up, practise hitting your groove and gauge your strength before going heavy. For these reasons powerlifters frequently use pyramids to lay the foundation for their biggest lifts.

PUT IT IN REVERSE

You can also flip the script and do a reverse pyramid. Start with



your heaviest, lowest-rep set and use increasingly lighter weights for more reps on subsequent sets. Utilising the same exercise and strength level as before, a reverse

pyramid would look like our example (above).

You'll notice more has changed than the order. All the weights and/or reps have been altered, as well. We aren't going as heavy on the

heaviest set, because it comes first and is no longer to failure. Conversely, we're going heavier for more reps on the lightest set, because it's now the all-out finale. **With a reverse pyramid, you lose the advantages of progressing to a strength-building, low-rep apex, but you gain the ability to push sets harder throughout.** Also, a reverse pyramid should generate a greater pump than its traditional counterpart. Because you're front-loading the heavy set, if it's fewer than 10 reps do a thorough warm-up first.

One way to do this is to combine pyramids and reverse pyramids, as in our sample routine. By immediately following an ascending pyramid with a descending pyramid you safely build up to your all-out set and then get an

extended pump-out as you retreat back down via increasingly higher reps with the next exercise. Therefore, you experience the power of both pyramids and reverse pyramids – a mathematical force that can add up to more strength and muscle.

PYRAMID QUAD ROUTINE

| EXERCISE | SETS | REPS |
|---------------|------|-----------------|
| Squat | 5 | 12, 10, 8, 6, 3 |
| Leg press | 4 | 8, 12, 15, 20 |
| Hack squat | 4 | 12, 10, 8, 6 |
| Leg extension | 4 | 8, 12, 15, 20 |



"I ALWAYS PYRAMID UP TO MY HEAVIEST SETS. IF YOU'RE GOING TO DO FEWER THAN EIGHT REPS, PYRAMIDS ARE BEST TO WARM UP THE MUSCLES AND JOINTS."
– RONNIE COLEMAN

PYRAMID SET BASICS

- A pyramid grows progressively heavier with fewer reps from one set to the next.
- The lighter sets serve as warm-ups for the heaviest sets.
- A reverse pyramid grows progressively lighter with more reps from one set to the next.
- Pyramids and reverse pyramids let you work one exercise through an entire rep range.

PYRAMID SET TIP SHEET

- The fewer reps you do on a set the harder it is to eke out an extra one. Also, making your final set your heaviest set isn't best for maximising a pump. For those two reasons, you may want to do a final pump-out set of 12 to 15 reps after your pyramid apex set.
- Alternately, you can combine pyramids and reverse pyramids, as in our sample routine, to alternate between a heavy apex set for one exercise and a light final set for the next exercise.



TIMING IS EVERYTHING

RECOVERY IS DIFFERENT FOR
COMPOUND vs. ISOLATION EXERCISES

■ HYPOTHESIS

Establishing the right training frequency can make a big difference in strength and mass gains. The proper frequency depends on the time required for recovery between training sessions.

■ RESEARCH

Sixteen well-trained subjects performed, in a counterbalanced order, eight sets of 10-rep max (10RM) one-arm seated rows, and eight sets of 10RM one-arm preacher curls using the contralateral arm. Strength and delayed onset muscle soreness were recorded at baseline, at 10 minutes and at 24, 48, 72 and 96 hours after each training session.

■ FINDINGS

Strength loss was greater following isolation vs. compound exercise. Also, at 24 hours after training, strength was still below baseline after isolation exercise whereas strength had recovered after compound exercise. Delayed onset muscle soreness was also greater and took longer to resolve following isolation exercise vs. compound exercise.

■ CONCLUSION

More time for recovery is required after isolation exercise compared with compound exercise in well-trained athletes.

APPLICATION

Plan an **additional day** of recovery between training a given muscle group when using isolation exercises.

A full-page photograph of a very muscular, bald man with a focused expression, performing a lat pulldown exercise. He is wearing black athletic shorts and is pulling a rope attached to a weight stack. His muscles are highly defined and glistening with oil. The background shows a gym setting with various pieces of equipment.

BEYOND FAILURE

DO FORCED REPS SPUR GREATER GROWTH THAN TRAINING TO FAILURE?

OPENING ARGUMENTS

Defense

Studies of resistance training show that taking sets to muscular failure produces significant gains. Forced reps can cause too much fatigue and delay training or prevent the proper loads from being used.

Prosecution

Forced reps may help lifters move past strength plateaus and lead to greater time under tension compared with stopping at muscular failure. Also, forced reps may increase metabolic stress, thereby increasing the anabolic effect of a set.

EVIDENCE

■ A six-week study showed no difference between size and strength gains when forced reps were incorporated.

■ The number of forced reps performed did not affect gains even when it increased total training volume performed.

■ Forced reps likely produce a **greater spike in growth hormone compared with traditional reps** due to additional metabolic stress and prolonging a set. However, cortisol is also increased compared with traditional sets.

VERDICT

Forced reps do not increase gains beyond what training to muscular failure produces. **Any use of forced reps should be limited in both volume and frequency** to avoid overtaxing the nervous system.

SENTENCING

■ Prioritise consistency over intensity. Don't be tempted to push yourself beyond your body's ability to recover in an attempt to force your body to improve faster.

**"FUN" TIPS**

FOR LEGS, do back squats for the first week, and the next week do front squats. Continue to alternate squat styles week to week in your training.

FOR CHEST, one week do all flat bench and then the next week do all inclines. Then change from a barbell to dumbbells from week to week. You can also pre-exhaust with cable crossovers before presses or reduce the rest between sets to get a faster workout.

FOR BACK, do deadlifts from the floor one week and the next week deadlift off blocks to elevate the bar height. This not only gives your mind a rest but also forces you to break out of plateaus and strengthen your weak spots. Another example is to do pull-ups one week and pulldowns the next.

KEEP IT FUN

MAKE EXERCISE INTERESTING TO KEEP THE GAINS COMING

"How do you keep training fun?" It's a question I hear a lot, typically from someone who follows the same workout routine day in and day out. That style of predictable training quickly makes the gym a boring place to be. Plus, the person has more than likely

encountered sticking points, meaning little, if any, progress is being made.

My solution: never do the same workout from week to week.

One of the reasons I enjoy training for and competing in strongman competitions is that the contests include a variety of events and numerous variations of all those events. These same concepts can be true for CrossFit as well, where the events vary and the challenges change from competition to competition (and even from training session to training session).

Powerlifting is another fun sport to train for, although many lifters disagree because you're training only for squat, bench press and deadlift. That's true. However, the

best powerlifters have amazing overall strength because they do lots of assistance work that simultaneously helps their main lifts and builds the supporting musculature. Knowing and using the countless variables that you have at your disposal gives you the knowledge to modify your training without repeat workouts.

To make non-stop progress, always try to be creative with your training and, above everything else, enjoy the process. Live strong!



SEE MORE

Brian Shaw is a three-time World's Strongest Man winner and member of Team MHP. For more information, visit mhpstrong.com.

NUTRITION TIPS TO FUEL TRAINING AND GROWTH

FOOD & STORIES



PUTTANESCA TUNA BURGER

**QUITE POSSIBLY
THE WORLD'S
HEALTHIEST
BURGER**

■ Toss the canned tuna for a night and treat yourself to a rich, flavourful tuna burger that doesn't pack even a fraction of the fat that comes with a typical 80/20 burger. Any burger can help you build muscle – this one can help get you lean, too.

INGREDIENTS

Makes 8 servings

FOR THE BURGERS

- 8 wholemeal hamburger rolls
- 8 tbsp basil pesto
- 8 slices red onion, grilled
- 1 cup roasted red capsicum

FOR THE PUTTANESCA

- 1½ kg fresh raw tuna
- 3 tbsp minced capers
- 3 tbsp minced raisins
- 1 tsp minced garlic
- 3 tbsp minced black olives
- 3 tbsp minced red onion
- 1 tsp dried oregano
- ½ tsp dried red pepper flakes
- ⅓ cup chopped fresh parsley
- 3 tbsp toasted pine nuts
- ⅓ cup extra virgin olive oil
- Salt and pepper, to taste
- Cooking spray

DIRECTIONS

- 1 Preheat grill to 175°C.
- 2 Dice tuna, then put it in a food processor and give it a rough mince, about 15 seconds, so it can be molded. (It should not be puréed.)
- 3 Remove tuna from food processor and place in a chilled mixing bowl. Mix all other patty ingredients in with it by hand. Season with salt and pepper, then portion into 200g patties.
- 4 Spray each side of patties with cooking spray.
- 5 Place patties on grill and cook 4 minutes on each side; this will yield a medium (pink) centre.
- 6 If desired, grill rolls for 1 minute. Spread 1 tbsp pesto inside each bun. Place patties on buns and top with onion and red capsicum.

Calories
585

Carbs
22G

Fat
26G

Protein
68G



HARD-BOILED GAINS

EGGS ARE THE PERFECT MUSCLE FOOD

■ If you haven't been eating eggs because of concerns about cholesterol, listen to what dietitian Jim White, health fitness specialist and US Academy of Nutrition & Dietetics spokesperson, has to say: "Multiple recent studies found that the cholesterol in eggs does not contribute to blood cholesterol levels or put an individual at risk for heart disease."

One large egg contains 6 grams of protein, 5 grams of fat and approximately 70 calories. Eggs also include choline, an essential nutrient that contributes to cell structure and mental function; lutein and zeaxanthin, anti-inflammatory antioxidants that promote eye health; lecithin, which supports cardiovascular health and may reduce cholesterol levels; and most important, leucine, an essential branched-chained amino acid (BCAA) that can produce an anabolic muscle response and decrease muscle breakdown.

"Eggs also contain 18 vital nutrients and vitamins, such as B vitamins," says White. And a recent study in *Nutrition and Food Science* found that eggs are tops in all foods for aminos since they contain a superior blend of a wide range of amino acids. They also support the rebuilding of rested muscles with vital minerals like calcium, zinc and iron.

When eggs were demonised, the yolk was singled out. But yolks contain 4.5 grams of fat, with only 1.6 grams of that being saturated fat.

3 EASY EGG DISHES

■ Hard-boil 2 eggs and eat on the go with a banana.

■ Sauté red capicum and onions, then scramble in 2 whole eggs and 2 whites. Add your choice of cheese.

■ Cut a hole in a slice of whole-meal bread, throw some butter in a pan and add the bread. Flip after 2 minutes, and then crack an egg into it. Fry up and serve with cheese and smoked salmon slices.

213.3

eggs consumed by the average Australian every year.

Know your labels

■ **Farm fresh/all-natural**
Avoid, as this means nothing.

■ **Cage-free**
Free to walk around industrial barns but not outside.

■ **No hormones, no antibiotics**
It's illegal to give poultry hormones,

so this means nothing.

■ **Free-range or free-roaming**

Cage-free with access to the outdoors, which may be limited.

■ **Omega-3**
Given flaxseed to boost omega-3s.

■ **Certified organic**

Free-range, cage-free, fed organic feed and receiving no hormones or antibiotics.

■ **Pasture-raised**

These are the eggs to get, as the chickens are raised in actual pastures with access to insects and grass, though they aren't required to eat organic grain.

REAL POWERFUL

MESOMORPH V2.0 IS A PRE-WORKOUT THAT'S MUCH MORE THAN A STIMULANT **BY RAZVAN RADU**

How many times have you slugged a pre-workout only to get to the gym and feel absolutely... nothing?

The culprit of decreased sensitivity to pre-workout products is often the fact that many pre-workouts depend on stimulants like caffeine, which the body can easily adapt to.

When you scan the label of a pre-workout product, you want to look for ingredients that increase strength and blood flow. The label on Mesomorph V2.0 tells you straight away that it's **a product built to optimise your performance in the gym as well as your recovery.**

Mesomorph V2.0 starts off with beta-alanine, a carnosine-boosting amino acid. Beta-alanine has proven to significantly increase carnosine in the muscles, which allows for a delayed fatigue response and a quicker recovery; secondarily, it acts as a stimulant.

Next in line are the pump inducers L-citrulline and L-arginine AKG. These two amino acids will go far beyond helping you achieve that sweet pump for your post-workout mirror selfie. By increasing nitric oxide (NO) and blood flow, citrulline and arginine work together to **deliver an excess of nutrients to the muscles, allowing you to achieve much quicker growth and recovery.**

Finally, there are two blends, one cell volumiser and one

stimulant. Made up of taurine and creatine, the blend has been dosed to allow you to reap the full benefits of the two ingredients. Creatine and taurine, although performing different functions, both work by becoming saturated in the muscles. Creatine has been shown to **increase muscle mass, strength and overall energy** through elevated ATP levels, while taurine aids in both **achieving a pump and allowing a quicker recovery.**

Stimulant-wise, Mesomorph V2.0 delivers a kick through its caffeine and glucuronolactone contents. Glucuronolactone accompanies caffeine and further enhances its benefits by **increasing athletic endurance and maximising strength output.**

For anyone looking for an effective all-around pre-workout, Mesomorph V2.0 has it all. Its beta-alanine, caffeine and L-citrulline contents, accompanied by several other proven ingredients, will give you everything you need to make strength gains and pack on muscle.



A PRE-WORKOUT SUPP WITH ALL THE PROVEN INGREDIENTS YOU NEED TO MAKE STRENGTH GAINS AND PACK ON MUSCLE.

Now available
in Salted
Caramel
flavour

CLEAN.
POWERFUL.
EXTREMELY MODEST.



Bulk Nutrients' **Whey Protein Isolate** isn't one for the rock star lifestyle.

While other proteins are marketed with flashy graphics and big name endorsements, our WPI is extremely understated, preferring to let the facts [and a **legion of passionate fans**] speak for themselves.

Up to **91% protein**, our WPI is exceptionally pure containing only raw WPI, flavouring and sweetener – nothing else. Sourced from GMO free, grass fed New Zealand cows and **ultra filtered to ensure virtually no lactose** exists in the finished product [which means no more bloating!]

When it comes down to what you feed your muscles, no buzzwords, special deals or industry hype can substitute for a **high quality protein** and transparency in the manufacturing process.

Not all proteins are created equal – **try Bulk Nutrients' WPI** and experience a new level of purity!



1KG FOR \$36
Only \$1.09 per serve!



5KG FOR \$149
Just 90c per serve!

1kg flavour splits available,
mix and match from our ten great flavours

Chocolate • Strawberry • Vanilla • Coffee • Banana • Choc Mint • Cookies & Cream • Salted Caramel • Raw

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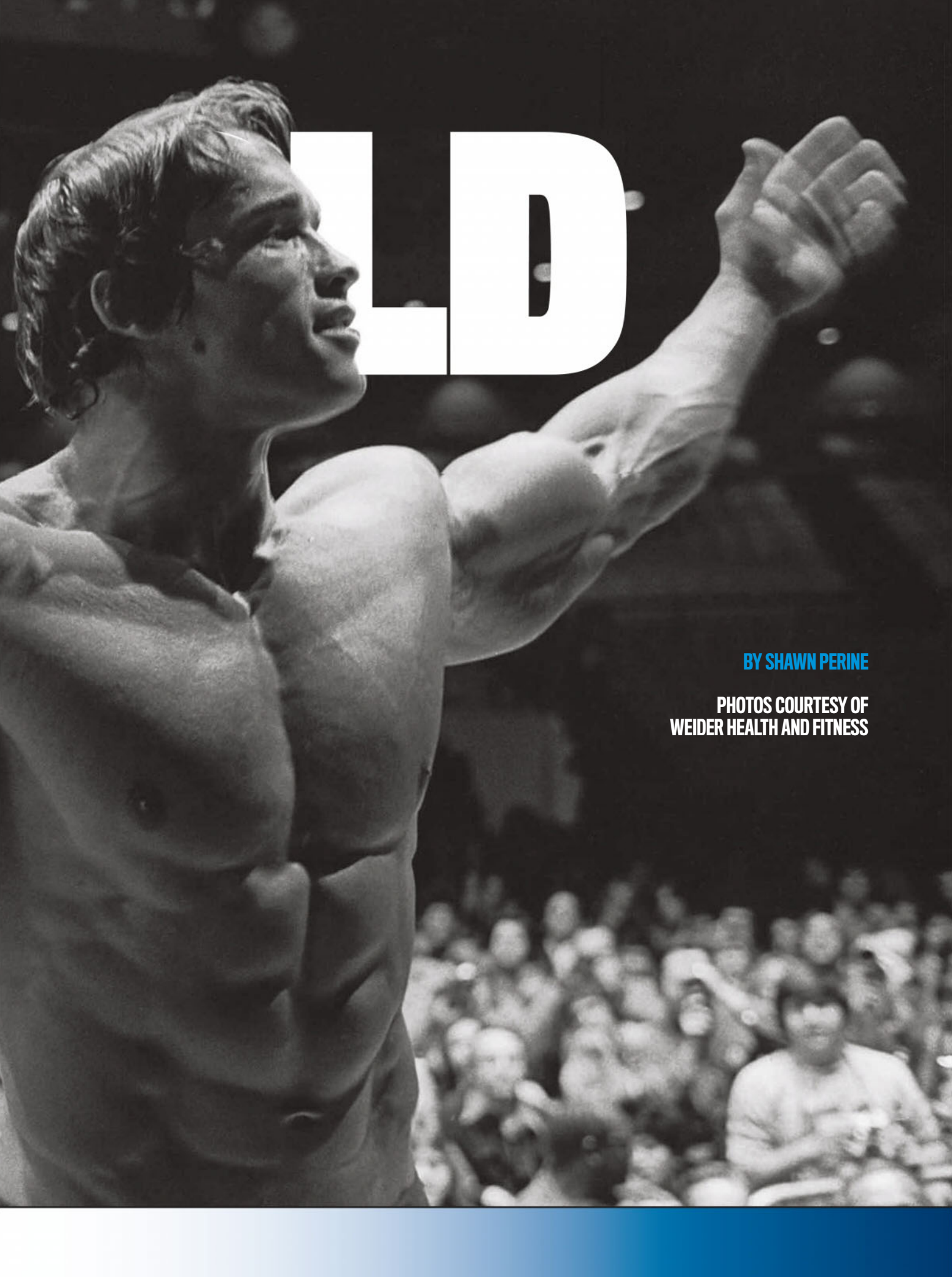


FACING ARN

AN EXCLUSIVE LOOK AT **ARNOLD
SCHWARZENEGGER**, THE COMPETITOR,
THROUGH THE EYES OF THOSE
WHO STOOD AGAINST HIM

**"TO CRUSH YOUR ENEMIES, SEE THEM DRIVEN BEFORE YOU,
AND TO HEAR THE LAMENTATION OF THEIR WOMEN."**

— CONAN THE BARBARIAN



OLD

BY SHAWN PERINE

PHOTOS COURTESY OF
WEIDER HEALTH AND FITNESS

"I WAS ALWAYS FASCINATED BY PEOPLE IN CONTROL OF OTHER PEOPLE." ARNOLD SCHWARZENEGGER

IN THE LAST SCENE OF THE 1977 DOCUMENTARY *PUMPING IRON*, Arnold Schwarzenegger and Lou Ferrigno are sitting, shoulder to shoulder, at the back of a bus, flanked by Ferrigno's parents, Matt and Victoria. The two athletes had just finished competing against one another in the 1975 Mr Olympia – held in Pretoria, South Africa – a contest Schwarzenegger won handily. With three months worth of preparations and a heated battle behind them, both men appear relaxed and happy. Schwarzenegger is conversing with Mrs Ferrigno when he turns to Lou.



Franco Columbu, Frank Zane, and Lou Ferrigno onstage with Arnold Schwarzenegger at the 1974 Mr Olympia in New York.

"I'm gonna come over and have a nice meal over at your house... when I come back from Austria," Schwarzenegger informs Ferrigno. "I'm gonna call you and she's gonna fix a nice spaghetti, meatballs, cheesecake, apple strudel... the whole business! She says she's gonna bulk me up to 127 kilos!"

The Ferrigno family has a good laugh over Schwarzenegger's congenial joking, disarmed by his considerable charm. Then, without missing a beat, Schwarzenegger turns back to Lou and adds, "and then she's gonna fix me up with your sister!"

He was joking, of course, but it was no mere joke – nothing in Schwarzenegger's existence is ever "mere". Even though, just days before, he had ruthlessly and with a surgeon's precision psyched out his larger opponent before

defeating both him and runner-up Serge Nubret, Schwarzenegger was still going for the jugular.

"You better talk to him," intones Lou, passing the figurative battle baton to his father, Matt.

"Eh, I'll talk to him later on," responds Schwarzenegger, sporting a grin as wide as a Cheshire cat's.

Although the record books show Lou as being the only Ferrigno to lose to Schwarzenegger in South Africa in 1975, George Butler's camera tells a different story. In *Pumping Iron*'s final minute, the future portrayer of Conan scores a bloodless victory over the entire Ferrigno family with a very un-Conanlike nod and smile. Yet, for what might be considered fighting words by some, the Ferrignos smiled, too. Such is the charm of the man who may be history's greatest competitor.

By now, Schwarzenegger's rags-to-riches-by-way-of-muscles story is as familiar to most as are the films that launched him into megastardom. Born the second son to Gustav and Aurelia Schwarzenegger in the tiny Austrian hamlet of Thal, Schwarzenegger would transform his skinny body into the world's best, conquer Hollywood, marry a Kennedy and govern the seventh largest economy in the world, all before turning 60. His fiercely competitive spirit and Terminator-like determination are the stuff of legend, and the path to his many victories is strewn with tales of adversaries left stymied, flummoxed, demoralised and just plain beaten.

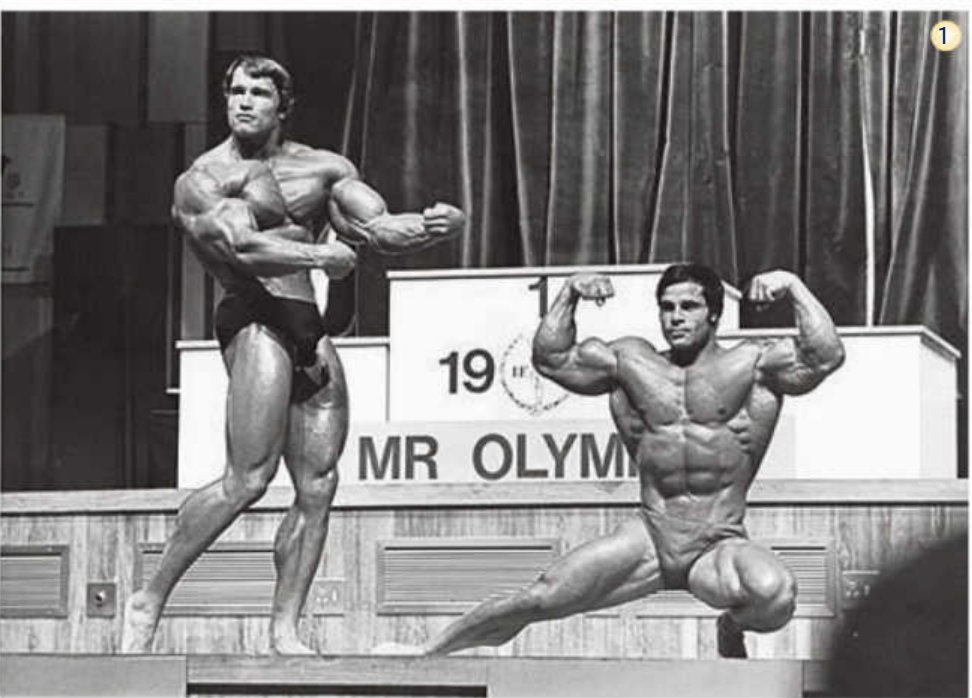
But for all those who ever found themselves steamrolled by Schwarzenegger's force of will, precious few have ever expressed a dislike for the man. In fact, most former adversaries are friends, if not fans, of the man – and you'd be hard-pressed to find one who doesn't, even if grudgingly, acknowledge his enormous gifts.

Some of Schwarzenegger's fiercest and most chronicled battles took place on the bodybuilding stage en route to his five Mr Universe and seven Mr Olympia wins. Sometimes subtle, sometimes ruthless, always effective, Schwarzenegger's craft was a thing of beauty – and yet, for as sharp the blade wielded, he rarely cut too deep.

In an attempt to paint an accurate portrait of Schwarzenegger the competitor, we've asked four of his old adversaries to recount their battles – both onstage and off – and give us their takes on what makes The Austrian Oak so very über.

FRANCO COLUMBU

Abbott and Costello. Heckle and Jeckle. Arnold and Franco. As inseparable as any team in history, Schwarzenegger and Columbu were at various times roommates, training partners and onstage adversaries, but always friends. The two men shared a contest stage eight times, most famously at the 1975 Mr Olympia, a contest in which Columbu won the under-200-pound (91kg) class and Schwarzenegger won the over-200-pounds and overall title.



What a lot of people don't realise is that Arnold would get nervous before a contest just like everyone else. In fact, when we were competing, we would always ask for dressing rooms near the bathroom because we would have to pee so much. [Laughs.] But he would get better when he was pumping up. You could see his attitude change and he would become very focused. Onstage, he would project this image of a totally confident guy. But that's

what you do if you want to win. You have to be an actor when you're on a stage, right?

I remember one show – maybe the Mr Universe, around 1970 or so – and there was this big, tall guy competing in it named Tony Carroll. He was taller than Lou Ferrigno and he looked huge in his clothes. So Joe Weider comes up to Arnold and says, "Oh boy, Arnold. He's a dangerous guy. I don't know. I think you're going to have a tough time

with this guy." And Arnold's like, "How did this guy get so big?"

I say to Arnold, "It's OK, I'm going to go check on him. I'll go around the corner and see what he looks like when he changes." And when he starts taking his big coat off, I go over. I can see his arms look huge, and Joe was saying he had 58cm arms or something, so it made sense that Arnold would be nervous.

So he takes his coat off, then he takes a sweater off, and then another sweater, and another shirt – and the guy is shrinking. His shoulders get smaller and his waist gets wider, and some of his clothes even looked padded or something. So finally, I see him without all the clothes, and he's a lot smaller than we thought. So I went over to Arnold and I said, "I don't think you have to worry about him." And he said, "What do you mean? What are you talking about?" [Laughs.]

Arnold knew how to do what it took to win, and the most amazing thing that I saw him do was at the 1970 Mr Olympia. He had lost to Sergio [Oliva] the year before, and

1. Schwarzenegger and Columbu pose down for overall honours at the 1975 Mr Olympia in South Africa.
2. With the competition over, adversaries return to being best friends.





3. To this day, the two regularly get together for chess matches. As in bodybuilding, Schwarzenegger is usually the victor.

4. Columbu makes an impromptu appearance at the 1980 Mr Olympia. 5, 6, 7. Schwarzenegger marshals all of his strength, and a dose of guile, to defeat Sergio Oliva at the 1970 Mr Olympia in New York.



now he was trying to win it. So Arnold and Sergio came onto the stage from different sides, and they meet in the middle and start posing, and they're posing a long time. They're both tired and Arnold says, "OK, let's go now." So he starts to go off to the right side and Sergio goes off to the left, but he never looks back to see what Arnold is really doing.

Well, Arnold never leaves the stage, really, and he points to Sergio, and then to the audience as if to say, He's leaving. He gave up! So then, Arnold hits four or five poses before Sergio even knows what's going on. When Sergio turns around, he tries to come back to the stage, but Arnold leaves and it is over. That's the biggest psych-out I've ever seen.

"Franco is pretty smart, but Franco is a child and, when it comes to the day of the contest, I am his father. He comes to me for advices. So it's not that hard for me to give him the wrong advices."

Arnold Schwarzenegger

THE SERGIO PSYCH OUT



LOU FERRIGNO

Ferrigno's first meeting with Arnold Schwarzenegger is documented in *Pumping Iron*, in the scene where Matty Ferrigno recounts his son's awestruck reaction to meeting his idol. "Gee dad, he's big," was all the teenager could utter.

Ferrigno's own bodybuilding fortunes would eventually rise to the point where he would square off with Schwarzenegger twice - at the 1974 and '75 Mr Olympia contests - taking second in '74 and third, behind Serge Nubret and Schwarzenegger, in '75.



I always thought that Arnold was a fierce competitor. He refuses to lose and likes to dominate situations.

That being said, they really played up the whole "psyching out" angle in *Pumping Iron*. That's not to say that he didn't do that, but it wasn't as ruthless as it was made out to be. Arnold was always very respectful to me in private. Then again, in 1975, Arnold knew it was going to be an easy victory.

It wasn't only Arnold who had tried to retire from bodybuilding before that contest. I was also interested in doing other things and was training to be in ABC's *Superstars* competition when I found out that George Butler was making a movie. So I came back to bodybuilding, although I only had three months to prepare. I wasn't anywhere near my best for that show. I was too smooth and I could have been bigger, too. Arnold took one look at me and knew I wasn't much of a threat. If I'd had the year



1. Confidence and experience helped Schwarzenegger defeat the larger Ferrigno at the 1974 Mr Olympia competition.

2. In *Pumping Iron*, Schwarzenegger does a psych job on his young adversary before the '75 O.

3. Schwarzenegger's confidence surged at the '74 O, where he may have reached his peak.

"I was always dreaming about very powerful people - dictators and things like that. I was just always impressed by people who could be remembered for hundreds of years, or even, like Jesus, be for thousands of years remembered."

Arnold Schwarzenegger





4. It's no accident that Schwarzenegger was positioned at centre stage in his posedown with Ferrigno and Nubret at the '75 O.

5. The picture of cool, Schwarzenegger chills as Ferrigno and Nubret pose.

6. Schwarzenegger alternately needles and charms Ferrigno in the final scene of *Pumping Iron*.

to prepare, it could have been a different story. Then, I think you might have seen more manipulation on his part.

Arnold reminds me of Muhammad Ali in a lot of ways. They're both called "The Greatest" in their respective sports and they both used the same kinds of

mental techniques to throw their opponents off-guard. It's really a matter of playing upon your opponent's weakness in order to break down his self-esteem. Arnold would convince you that you were going to lose a competition even before you stepped onstage.

Still, Arnold was the guy who

gave me hope that I could be a professional bodybuilder one day. When I first saw him in person, he was so much bigger than everyone else. Back then, it seemed like most of the bodybuilders were 170 or 173cm, then here comes Arnold at over 183cm tall and huge, and I realised that I had a chance to fill out my frame, too.

You know, *Sports Illustrated* ran an article on bodybuilding during those days in which Arnold said if he had my body, he'd never lose a contest, which was a great compliment. The truth is that, for me, it was as much about winning as it was about simply being onstage competing with my idol.



PHOTO: (BOTTOM RIGHT) SCENE FROM PUMPING IRON, USED WITH PERMISSION

FRANK ZANE

Zane and Schwarzenegger first squared off at the 1968 IFBB Mr Universe, held in Miami, Florida. A tanned, refined Zane would beat out a massive but baby-soft Schwarzenegger on that occasion. Although they would compete against each other in the 1972, '74 and '75 Olympia contests, it was the disputed show in 1980 in which the two men most famously battled, both on and off the stage.



Arnold was a master manipulator. He was really good at it. But in 1980, I saw him take it to a different level.

You know, about eight weeks out from the 1980 Olympia, I was in the shape of my life – 95kg, really hard and confident that I was going to look incredible in Australia. Then, I had a freak accident at a friend's pool when a lounge chair collapsed. I came out of the hospital with about five weeks to go and my weight had dropped to 86, and I was thinking about whether or not I should even do the show.

So, as I mentioned, Arnold had been coaching me to that point,

and I asked him if he thought I should compete. He said that I should go to Australia and defend my title. Then I said, "Are you competing? You've been training hard," and he said, "No, I'm getting ready for the Conan movie, plus I'm going to Australia to be the colour commentator for NBC." Well, that was good enough for me, you know?

Of course, he did compete, and the first time I knew he was competing was at the Sydney Opera House before the contest. I said to him, "So you are going to compete!" and he said, "Yeah, I might as well." [Laughs] And then

2



1. In (from left) Columbu, Nubret, Oliva and Zane, Schwarzenegger arguably faced his stiffest challenge.

2. As a competitor, he was fierce – but as a friend, Schwarzenegger was Zane's most invaluable critic.

he said, "Wanna share a dressing room?" and I said, "Why, are you going to try to psych me out?" So I had my own dressing room.

Of course, at that show, Arnold was having a difficult time. He wasn't his usual confident self and he was sweating profusely. So Franco would come running onto the stage with a towel – he was his towel boy – and disrupt the flow of the contest. Whatever Arnold could do to gain an advantage, even if it meant having Franco come onstage and clown around during the middle of the competition, then so be it.

Arnold used to say to me, to Ken Waller, to everybody, "If I had your body, I would win." We took it as a compliment, of course, but there was a deeper meaning to it, as well. What he was essentially saying was that he would find a way to win no matter what body he had, which is what he did in 1980. He was off from his top form by a good deal, but he still was able to walk away with the title.

After he retired, I would go to him for evaluation of my posing routine. He'd be blown away at first, then he would go back and pick it apart.



- 3. The 1972 Mr Olympia ranks among history's greatest.
- 4. In 1970, Zane won the amateur Mr Universe, Schwarzenegger the pro Mr Universe and Zane's wife Christine, the NABBA Miss Bikini Universe title.
- 5. Zane and Schwarzenegger sharing a laugh.

"If you want to be a champion, you can't have any kind of outside negative coming in to affect you. So I trained myself for that. To be totally cold and not have things going through my mind."

Arnold Schwarzenegger



CHRIS DICKERSON

Dickerson took second to Schwarzenegger at the 1980 Mr Olympia, in what some say was the shape of his life. Although the competition was the subject of controversy with several contestants who protested the decision loudly, Dickerson accepted it quietly and with grace, something Schwarzenegger appreciated. In two years time, Dickerson would also ascend to the heights of the Olympia.



says, "Oh, Chris, I forgot to remind you that this isn't a fashion show. You look very nice, but I hope you brought your muscles with you." So I laughed, because I know what Arnold does. And he's smart to do it. It's kind of a brain game.

I think it all started with the fact that Arnold has always been very secure and assured of his abilities. When you have that degree of confidence, you tend to be more good-natured and charitable, and he certainly was that.

It was by sheer force of personality that Arnold put us all [bodybuilders] on the map. We were kind of a cult before he came along. He just made it so universal and acceptable, then he helped get women involved, so he's responsible for a huge boom in the popularity of bodybuilding and fitness.

People talk a lot about Arnold's will to win, but I think we all have that. Every one of us who stands on a stage has the will to win, but with Arnold, it was more the ability to actually win. He had the specific tools needed to bring that will to fruition.

Arnold is smart. He knew that it wasn't just a matter of how big your muscles are, but your presentation, the way you project yourself. He knew that the judges pick up on that positive attitude and reward you accordingly. **FLEX**

"I was brought up under great discipline, which meant that when I made up my mind, I had to follow it through. I had a master plan from the moment I arrived in America. That's still in me... Every year, I make a plan. I do it. It will be done."

Arnold Schwarzenegger



The thing about Arnold is that he never seemed to take anything too seriously. Or maybe I should put it this way: he never acted too serious. Yes, bodybuilding was serious business for him, but he was never dour about it. Everything he did, even in the heat of competition, was with a wink and a smile. That's a good quality to have, as far as I'm concerned.

For example, I would always wear a suit and tie at my competitions. Well, in 1980, I'm on the elevator in the Sydney Opera House - this was before the pre-judging started - and Arnold gets in the elevator and he

TO PURCHASE PHOTOS OF SCHWARZENEGGER BY
GEORGE BUTLER, GO TO WHITEMOUNTAINFILMS.COM.

1. With his reputation on the line, Schwarzenegger pulled out all the stops to win over (from left) Boyer Coe, Roger Walker, Roy Callender, Mike Mentzer, Frank Zane and Chris Dickerson.
2. Dickerson (far right) would take second to Schwarzenegger in a controversial decision.



THE

THE PEOPLE'S CHAMP

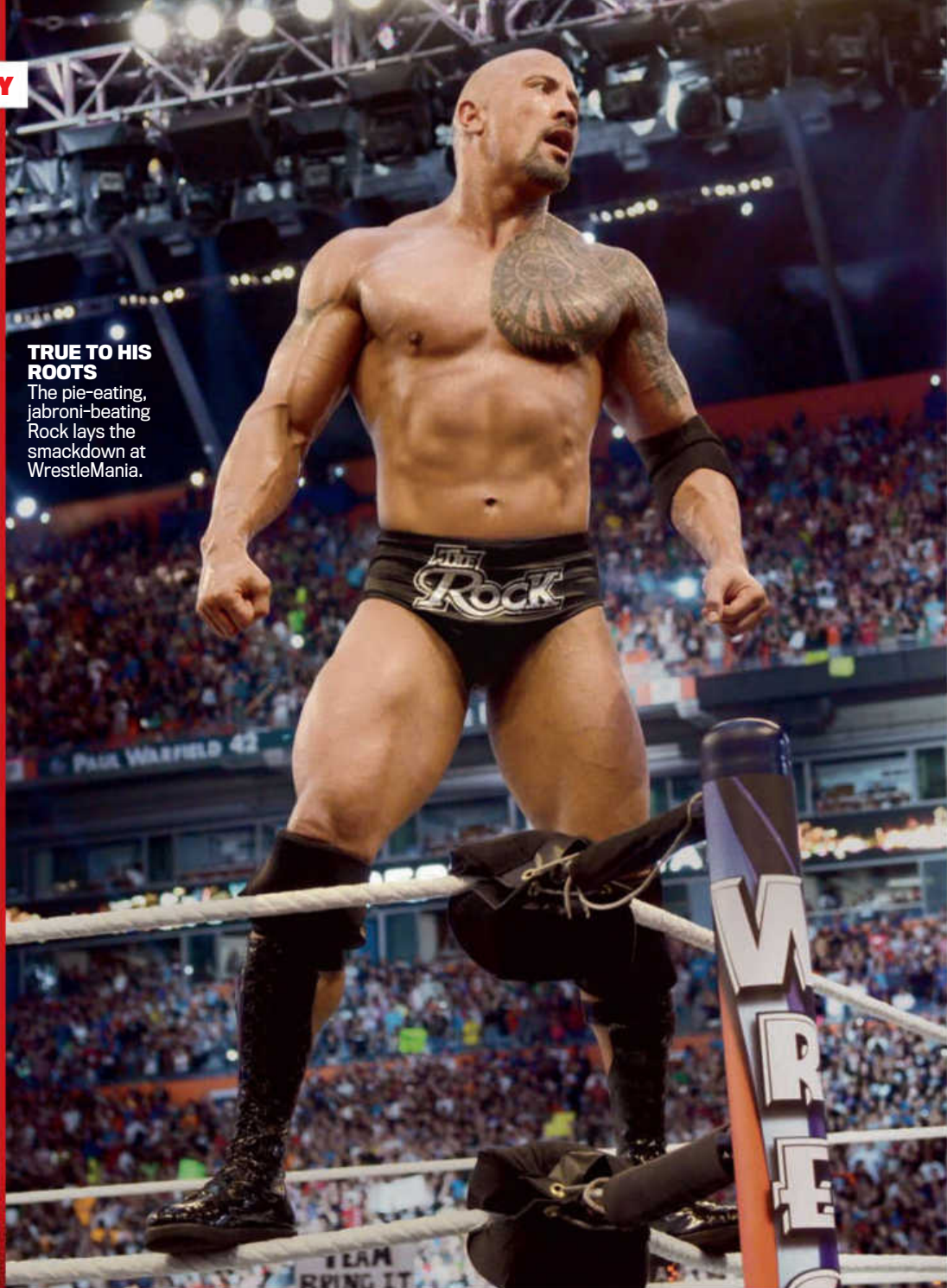
BY
MATT TUTHILL

DWAYNE JOHNSON IS THE BIGGEST
MOVIE STAR IN THE WORLD - LITERALLY
AND FIGURATIVELY. THE NO. 1 BOX
OFFICE DRAW HAS THE MUSCLE
AND THE MINDSET TO MATCH HIS
INFLUENCE, AND THAT MAKES HIM OUR
MAN OF THE CENTURY.

Without the right messenger, the message means little. This is one of the few truths that have been a constant in the history of health and fitness. In the beginning, fitness' greatest champions were men for whom it was a business and a lifestyle. Men like early-20th-century health crusader Bernarr Macfadden and our own founder, Joe Weider, produced books, magazines and other products to preach the gospel of vigorous living.

TRUE TO HIS ROOTS

The pie-eating, jabroni-beating Rock lays the smackdown at WrestleMania.



The efforts of Weider and Macfadden reached a global audience and positively influenced millions in the process. As the 20th century reached its midpoint, a new breed of fitness promoter emerged. Taking advantage of the blossoming media form called television, Jack LaLanne encouraged the world to get up off its lounge and join him in rounds of jumping jacks and deep knee bends (you know them as squats). Soon others would follow in Jack's footsteps, using TV and video to spread the word. All were zealous, earnest promoters of the fitness lifestyle, whose public identities were viewed solely through the prism of fitness.

In the 1980s, however, the paradigm shifted. When Arnold Schwarzenegger transitioned from bodybuilding icon to actor, the public discovered someone who wasn't just an exemplar of the fitness lifestyle, but also a bona fide film star. With his badass on-screen persona and unforgettable one-liners, Arnold redefined the notion of what it meant to be a fitness icon. Unlike his predecessors, he didn't have to guilt or cajole us into going to the gym. Suddenly we wanted to go, all on our own, because that's what the world's biggest film star did. Suddenly, working out was cool.

As the 20th century gave way to the

21st and Arnold redirected his focus from film to politics, he left open two doors: one for a future king of action films, and the other for the next face of fitness. Clearly it would take a big man to walk through either, but both? That would take a juggernaut on par with Arnold himself. But just when it seemed no one had the ability – or balls – in stride Dwayne "The Rock" Johnson with a smirk and raised eyebrow. And he didn't just walk through those doors, he busted their frames with his gargantuan shoulders.

It's fitting that Johnson is the man to walk through; the lives of Arnold and Johnson are, in all the most significant

ways, mirror images of each other. Both men started from nothing, came into the public eye by excelling in a niche pursuit (Arnold in bodybuilding and Johnson in pro wrestling), parlayed that success into box office gold and both men owe everything they have to the gym.

Despite “outgrowing” his roots by outward appearances, Arnold remained true to them as his star power exploded: he holds the executive editor role at *FLEX*’s brother publication *Muscle & Fitness* in addition to this magazine and his Arnold Classic continues to spread to new cities around the world.

Likewise, Johnson has kept one foot in the wrestling world, returning to the WWE on a part-time basis to headline WrestleManias. As with Arnold, Johnson’s rare combination of charisma, intelligence, wit and physical presence allow him to reach an audience well beyond his original fan base. He’s an icon for the

ages, and in a recent poll in which *Muscle & Fitness* readers were asked to vote for their favourite cover guy, he lapped his closest rivals. Asked why they chose The Rock, readers proffered answers like “he’s hardcore”, “he’s the man” and “he’s The Rock – that’s enough reason”.

Johnson has done far more than win a popularity contest, though. What we love about him is that among all the things he’s known for on a worldwide scale, he is first and foremost a gym rat. He lives and breathes the *FLEX* lifestyle, training with religious fervour year-round. And because it’s impossible to detach his persona from his incredible physique, his stardom puts fitness – specifically hard weight training – into the public eye in a way that few other men can. He is the most visible living advertisement for the virtues of hard work, consistency, and physical strength in the world today.

Johnson, though, stands in stark

WHY DWAYNE JOHNSON IS NUMERO UNO IN MY BOOK

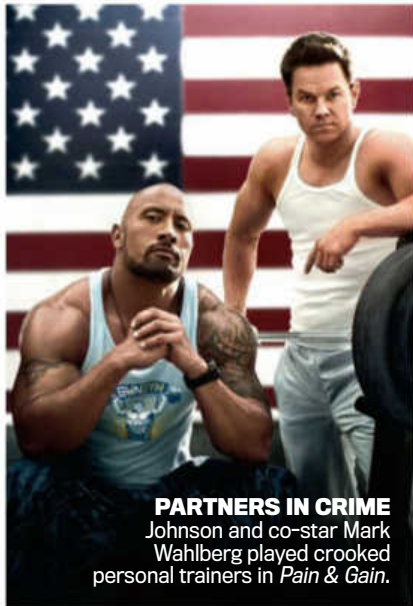
BY ARNOLD SCHWARZENEGGER

■ When I was first trying to make it as an actor, the parts that I was reading for were all the same kinds of characters. Filmmakers wanted me to play strongmen, bodybuilders or barbarians. It’s hard for me to argue with the logic (I’m not going to say I didn’t make a great Conan, of course), but because of all the muscle I had, most people just assumed I couldn’t do anything else. They didn’t consider me for comedies or dramas because they thought I should only be blowing things up or breaking things. **I love Dwayne Johnson because he had to go through many of the same things that I did.** At first, they looked at him and they said, “Oh, look at the size of this guy. Let’s take his shirt off and give him a sword.” Because he has such a physical presence, they didn’t think he had the chops to do anything else. **Of course, he didn’t listen to the naysayers.** He proved he’s not just a great action star but also has wonderful comedic timing and can carry a drama as well. He has succeeded at everything he’s tried (I also happen to think he’d make a fine politician one day), and I really admire him for staying true to his roots. Wrestling is a lot like bodybuilding because both require you to make tremendous sacrifices because you’re making a living with your body, and both are misunderstood from the outside. But rather than get bogged down by the negativity, Dwayne let his work speak for itself. I know how hard Dwayne trains, and I think if he had come of age out in Venice Beach back in the ‘60s and ‘70s, he would have fit right in with the incredible athletes who trained there. **But more than a kindred spirit, I see in Dwayne Johnson a man who sets a tremendous example for the youth of today.** We need a man like that, and I’m proud not only to call Dwayne my friend but also to see him carry Joe Weider’s fitness legacy into the new century.

ASK YOUR DOCTOR ABOUT THE ROCK

GI Joe: Retaliation director Jon Chu quipped that Johnson was “franchise Viagra”.





PARTNERS IN CRIME
Johnson and co-star Mark Wahlberg played crooked personal trainers in *Pain & Gain*.

HE IS THE MOST
VISIBLE LIVING
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AND PHYSICAL
STRENGTH IN THE
WORLD TODAY.

contrast to the Hollywood in which he now makes his living. The era of the physically imposing action star, in which Arnold and his contemporaries thrived, has come and gone. When it ended, CGI superpowers took the place of muscle. Arnold and Stallone might still appear at your local movie cinema, but they'd be the first to admit the demographic with the biggest impact on box office receipts – the teenagers who hit the movies every time they're bored – are more impressed with computer fakery than a man who can legitimately leg press a car.

This makes for a very different cinematic landscape than it did 20 years ago. Today's leading man, especially in action films, isn't nearly as muscular or as fit as he used to be. There are outliers whom we champion in these pages, but for every Hugh Jackman, Joe Manganiello or Terry Crews, there are a dozen scrawny teen magazine heartthrob twerps who weigh 68kg soaking wet, guys who become de facto sex symbols simply for appearing in the latest adaptation of a teen paranormal romance novel (an actual publishing industry term).

TRAIN LIKE DWAYNE

Back when everyone knew him as "The Rock" Dwayne Johnson was still laying the foundation of his amazing physique with a classic body-part training split. Lay the foundation of your own with this five-days-a-week programme that Johnson used around the time he starred in *The Scorpion King* (2002). The fourth column indicates the weights that Johnson was using at the time. Johnson trained abs twice per week, doing Swiss ball crunches for four sets of 25, holding a weight plate against his chest.

The fact that Johnson, an old-school throwback of the iron game, a man who looks like he's only a few weeks of prep away from stepping onto a bodybuilding stage, has not only been able to survive but also thrive in this new version of Hollywood makes him the champion that hard work needs now more than ever.

Johnson's films regularly account for millions at the box office. His unprecedented crossover appeal smashes the negative stereotypes of the fitness world. His example screams to millions the inherent possibilities that await if you strive to be the best version of yourself that you can be. Somewhere out there he's already inspired the next Rock, the next man to grab life by the short hairs, break the rules, blaze new trails to success and inspire millions more to lift weights and get fit.

That is what makes Johnson so important. He can unlock the potential of others, without even speaking. We're happy to do the honours for him, as we dub him our Man of the Century. **FLEX**

DAY 1 SHOULDERS

| EXERCISE | SETS | REPS | POUNDS [†] |
|-------------------------------|------|-----------------|---------------------|
| Seated military press machine | 3 | 21 | 59, 64, 68 |
| DB lateral raise | 3 | 8 | 14 |
| SUPERSET W/ | | | |
| DB front raise | 3 | 8 | 14 |
| Rear delt cable raise | 5 | 12, 10, 8, 6, 4 | 18-36 |
| Hammer strength shrug | 5 | 12, 10, 8, 6, 4 | 222-204 |
| Four-way neck machine | 4 | 12 | 20 |

† One pound = 0.45kg

DAY 2 BACK

| EXERCISE | SETS | REPS | POUNDS [†] |
|----------------------------|------|-----------------|---------------------|
| Wide-grip pulldown | 5 | 12, 10, 8, 6, 4 | 55-110 |
| Close-grip cable pulldown | 5 | 12, 10, 8, 6, 4 | 55-110 |
| One-arm seated row machine | 4 | 12 (each side) | 123 |
| Back extension | 4 | 15, 15, 12, 12 | 11, 20 |

† One pound = 0.45kg

DAY 3 LEGS

| EXERCISE | SETS | REPS | POUNDS [†] |
|---------------------|------|-------------------|---------------------|
| Leg press* | 4 | 25, 20, 18, 16/25 | 125-204 |
| Smith machine lunge | 4 | 8 (each side) | 61 |
| Lying leg curl** | 4 | 12, 10, 8, 6/12 | 36-50 |
| Standing calf raise | 6 | 16 | 100 |

*Last set is a dropset, from 204-123

**Last set is a dropset, from 50-36 † One pound = 0.45kg

DAY 4 ARMS

| EXERCISE | SETS | REPS | POUNDS [†] |
|--------------------------------|------|----------------------|---------------------|
| Alternating DB curl | 5 | 12, 10, 8, 6, 4 | 14-32 |
| Machine preacher curl* | 6 | 12, 10, 8, 6, 21, 21 | 23-45, 23 |
| Cable pressdown** | 5 | 12, 10, 8, 6, 20 | 27-55 |
| Overhead cable extension | 4 | 12, 10, 8, 20 | 23-40 |
| One-arm reverse grip pressdown | 2 | 15, 15 | 18 |

*Last two sets are 21s: 7 upper-half reps, 7 lower-half reps, then 7 full-range reps

**Last set is a dropset † One pound = 0.45kg

DAY 5 CHEST

| EXERCISE | SETS | REPS | POUNDS [†] |
|---------------------|------|-----------------|---------------------|
| Incline DB press | 5 | 12, 10, 8, 6, 4 | 34-54 |
| Flat bench DB press | 5 | 12, 10, 8, 6, 4 | 34-54 |
| Cable crossover | 4 | 12 | 27 (each stack) |

SUPERSET W/

| | | | |
|---------|---|----|--|
| Push-up | 4 | 15 | |
|---------|---|----|--|

† One pound = 0.45kg



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SO YOU WANT TO BE A BODY- BUILDER?

GET STAGE-READY
WITH THIS **STARTER'S**
GUIDE TO CONTEST
PREP, COURTESY
OF FOUR-TIME OLYMPIA
212 CHAMP FLEX LEWIS



BY JOE WUEBBEN PHOTOGRAPHS BY PER BERNAL





YOU WANT TO BE A **COMPETITIVE** BODYBUILDER - EMPHASIS ON THE WORD **COMPETITIVE.**

You want to get up onstage in an organised bodybuilding contest and go up against other competitors without looking as though you've meandered into the wrong building. Correct? So long as you're at least an intermediate-level gym rat who's been training consistently for a year or more (preferably several years), it's possible for you to develop a larger, harder physique that's fit for competition. Will it be easy? Not a chance. You're looking at 24/7 dedication, thousands of reps and a mindset that's hell-bent on success.



◀ Even four-time Olympia 212 champ Flex Lewis started at the beginning. Lewis offers years of experience to help you take the competitive leap.

To help you get your journey started, we recruited four-time Olympia 212 Showdown champion James “Flex” Lewis. With the right plan, the proper motivation and Lewis’ tips, you’ll be hitting your mandatory poses for the judges sooner than you think.

ADOPT THE LIFESTYLE

Competitive bodybuilding is a way of life that requires discipline, motivation and structure.

“Many people who say they want to be a bodybuilder don’t want to live the lifestyle. Excuse my language, but they want to

fuck around in the off-season, they want to go out and party on weekends and eat two meals a day. That’s not a bodybuilder – that’s somebody who recreationally trains.

“If it’s November and you’re committed to a show in the next few months, if you’re still missing meals, going out partying, drinking and doing that kind of shit, then you’re not preparing yourself for the show. So when the show comes and you come in second place or fourth place or whatever and you want to kick off and say you got screwed... well, you screwed yourself.”

DEVISE A GAME PLAN

Lewis references the cliché “failing to plan is planning to fail” idiom because, well, it’s true. Lewis relies on a 20-week prep period – the first 10 weeks are considered “off-season” and the next 10 weeks are “pre-contest” when he cleans up his diet to get superlean. It’s worth noting that within those 20 weeks, Lewis believes you can “grow into the show”, or pack on muscle up until about six weeks out. Here’s a synopsis:

1

“I spend a lot of time speaking with people who are doing their first show or may have done a show before and still don’t know what the hell they’re doing, and I tell them: this time next year, come back and do the same show. Focus on bringing up whatever body parts you need to, but then 20 weeks out from the show, you have to commit yourself 100 percent. Don’t miss any meals.”

2

“Do whatever you want before that 20-week mark. Like me now [it’s mid-November at the time of this interview], I’m eating only two meals a day. But when I put myself back into the mindset of being a bodybuilder, nothing gets in my way.”

3

“I try to prep myself to be ready two weeks out so that there’s nothing crazy to be done at the end. Is it painful to hold on to that condition for two weeks? Yes. But ultimately, I’d rather be the guy who holds onto condition and wins the show as opposed to the guy who sounds like every other person who comes in second place – ‘Oh, I missed my peak...’ or whatever the bloody bullshit excuse they want to use.”

**REMAIN
CONSISTENT**

You likely know most of the basics of bodybuilding-style training: developing all major muscle groups in the body to achieve maximal size, with symmetry always being paramount, while also being as lean and conditioned as possible for competition. But while bodybuilding training parameters might seem simple, misconceptions abound, and Lewis is happy to put at least one of those to rest. The misconception being this: off-season training should be heavy with low reps, and pre-contest training should be considerably lighter with high reps. "Nothing changes," Lewis responds when asked what the difference is between his off-season workouts and those leading up to a show. "I met Dorian Yates for the first time when I was 19, and Dorian told me this: 'What put the muscle on will keep the muscle on.' You see all these people who start with the dropsets, giants sets and supersets in their pre-contest prep but train superheavy in the off-season. That's not how I do it. All the way up to the show, nothing changes."

LEWIS BELIEVES THAT OFF-SEASON AND PRE-CONTEST TRAINING PROTOCOLS SHOULD REMAIN IDENTICAL TO PRESERVE MUSCLE SIZE.



◀ Training intensity and consistency are the two most important factors in making steady progress in the gym.

THE FINER POINTS

Training and diet are the big-ticket items for the competitive bodybuilder, but there are a myriad of other details to consider before stepping onstage. To provide insight on these ins and outs is former amateur bodybuilder Chris Butt, now an NPC amateur physique competitor.

1 Find a show

There are several federations – including ifbbaustralia.com.au, wbffaustralia.com and wnbf.com.au – that hold competitions. Join the one that best suits your physique. You'll need to register to become a member of your chosen federation, which is a requirement for competing. You'll also need to pay a fee for each show (varies for each contest) and expenses like travelling to the show, posing trunks, getting a tan, meals, supps, etc.

2 Find a team

Although bodybuilding is technically an individual sport, you'll need help with your mandatory poses, your posing routine, assessing your physique objectively (rather than only through your bathroom mirror) and many other aspects, big and small. "I don't know how somebody would have success in their first bodybuilding competition without having someone to lean on – whether that's a friend or family member who's competed before or a team," says Butt. Reach out to your local promoter to find a team who can help you or ask at your local gym.

3 Pick the right trunks

"Avoid crazy patterns or bright fluorescent colours," suggests Butt. "You don't want to attract too much attention with your posing trunks. The simpler, the better."



Lewis doesn't allow his hard work in the gym get overlooked by distracting trunks or a lacklustre spray tan.

4 Get your tan right

A quality tan will help accentuate your lines and cuts to the judges. "I've been to a lot of amateur shows, and I've never been to one that didn't have a sponsored tan provider," he says. "So I would always recommend going to that source. It will cost you around \$100, and you'll usually be able to get a great hand-sprayed tan the night before the show. Go to the competition's website. Don't get a machine spray tan at one of these tanning shops in a shopping mall, because it's horrible compared with a good hand-spray tan." Also, make sure you get under your pits, a spot commonly overlooked by newbies.



▲ Training is only one part of the equation it takes to be successful. The other is diet. Put as much focus on your nutrition plans as you do on training.

PLAN YEAR-ROUND

Instead of reserving one style of training for the off-season and another for pre-contest, Lewis more or less blends it all together year-round. "I do a mixture," he says. "In one workout I'll do heavy compound movements with some supersets and giant sets - whatever I feel like doing - and then I might do something different in that same workout.

I could do five plates of five [reps] on shoulder press and then move to side raises and do 30 pounds [135.kg] for high reps just to stimulate the muscle."

Lewis' training is fluid. He does what he feels like doing that day. That said, training takes some degree of planning, and Lewis relies on Neil Hill for much of that. Over the page is a sample week of typical workouts.

LEWIS' OFF-SEASON MEAL PLAN

Meal 1

2 whole eggs
10 egg whites
1 cup oatmeal
1 slice wholegrain toast with peanut butter
85g natural live yoghurt
55g mixed berries

Meal 2

225g fish
85g brown rice
85g green vegetables

Meal 3

225g turkey mince
285g sweet potato
85g green vegetables
85g pineapple

Meal 4

225g lean steak
1 whole egg
285g baked potato
85g green vegetables

Meal 5

255g salmon
170g brown rice
85g green vegetables

Meal 6

100g low-fat cottage cheese
1 slice wholegrain toast with peanut butter

LEWIS' CONTEST MEAL PLAN

Meal 1

6 egg whites
1 cup oatmeal
1 banana

Meal 2-3

225g turkey breast
285g sweet potato
1 cup green beans

Meal 4

225g lean steak
285g sweet potato

Meal 5

225g turkey breast
285g sweet potato
1 cup green beans

Meal 6

225g turkey breast
1 cup green beans



► The effort Lewis applies in the gym translates to the stage and gives him the confidence of knowing that he gave it his best.

THE GYM ACCORDING TO THE WELSH DRAGON

Quality over quantity

"I don't train like a mad man. For the most part, I train only one body part per workout, except maybe if I'm doing chest with shoulders, since shoulders are a strong body part for me and chest is my weakest area. I kill myself for that hour or hour-and-a-half I'm there, and then I walk out of the gym knowing I've done everything I can."

Keeping cardio in check

"I do minimal cardio. I use cardio in the beginning of my prep to increase my appetite so I can get in all the meals I need. Other than that, when I do start to use cardio for my competition plans, it's very minimal because my training is highly cardiovascular and very fast paced."

Strong mind, strong body

"I've been training since I was 19 years old, and I've never missed a day of training or cardio – ever. I pride myself in saying that. I've gone to the gym with injuries and trained around them because my mindset is so strong. Maybe that's a little bit of ego, but I know that I've given my all."

LEWIS' TRAINING SPLIT

Day 1 Quads

Day 2 Hamstrings
(am); back (pm)

Day 3 Chest

Day 4 Rest

Day 5 Arms

Day 6 Shoulders

Day 7 Rest

QUADS

| EXERCISE | SETS | REPS |
|---------------|------|-------|
| Leg extension | 3-4 | 12-25 |
| Leg press | 6-7 | 30-50 |
| Sissy squat | 3 | 15-20 |
| One-leg squat | 3 | 15-20 |

HAMSTRINGS

| EXERCISE | SETS | REPS |
|-----------------------|------|------------|
| Lying leg curl | 4 | 10-15 |
| Hamstring curl | 3 | To failure |
| Standing one-leg curl | 3 | 8-10 |

BACK

| EXERCISE | SETS | REPS |
|----------------------|------|-------|
| Front pulldown | 3-4 | 10-15 |
| T-bar row | 4-5 | 10-15 |
| Two-arm dumbbell row | 3-4 | 10-15 |
| Machine row | 4-5 | 15-20 |
| Close-grip pulldown | 3-4 | 10-15 |
| Rack deadlift | 3-4 | 10-15 |
| Back extension | 3-4 | 10-15 |

CHEST

| EXERCISE | SETS | REPS |
|------------------------|------|-------|
| Cable crossover | 4-5 | 12-20 |
| Incline dumbbell press | 3-4 | 12-15 |
| Hammer strength press | 3-4 | 8-15 |
| Incline dumbbell flye | 3 | 12-15 |
| Machine flye | 3 | 12-15 |

TRICEPS

| EXERCISE | SETS | REPS |
|--------------------------------|------|------|
| Rope pushdown (wide)* | 3-4 | 20 |
| Rope pushdown (narrow)* | 3-4 | 20 |
| EZ-bar pushdown (overhand)* | 3-4 | 20 |
| EZ-bar pushdown (underhand)* | 3-4 | 20 |
| Cable extension* | 3-4 | 20 |
| Smith machine close-grip bench | 4 | 8-15 |
| Dip | 3-4 | 20 |

*Performed as giant sets with no rest between exercises.

BICEPS

| EXERCISE | SETS | REPS |
|---------------------------|------|-------|
| Alternating dumbbell curl | 3-4 | 10-20 |
| Dual dumbbell curl | 2 | 10-15 |
| EZ-bar curl | 4 | 12-20 |
| Two-arm cable curl | 3-4 | 21 |
| Hammer curl | 3-4 | 12-20 |

SHOULDERS

| EXERCISE | SETS | REPS |
|----------------------------------|------|-------|
| Seated machine lateral raise | 3 | 10-12 |
| Seated dumbbell press | 4-5 | 15-20 |
| Seated dumbbell front raise | 3 | 15-20 |
| Upright row & push | 4 | 15-20 |
| Incline bench rear lateral raise | 3 | 15-20 |



BE CRITICAL IN ASSESSING YOUR PHYSIQUE. WORK HARD ON IMPROVING YOUR WEAKNESSES SO THAT YOU LEAVE NOTHING TO CHANCE. **FLEX**

THE ROAD



To be the best, you need to learn from the best. Here, 10 old-school Olympia champions present their greatest workouts of all time.

BY JULIAN SCHMIDT SENIOR WRITER

PHOTOS COURTESY OF
WEIDER HEALTH AND FITNESS



TO THE OLYMPIA



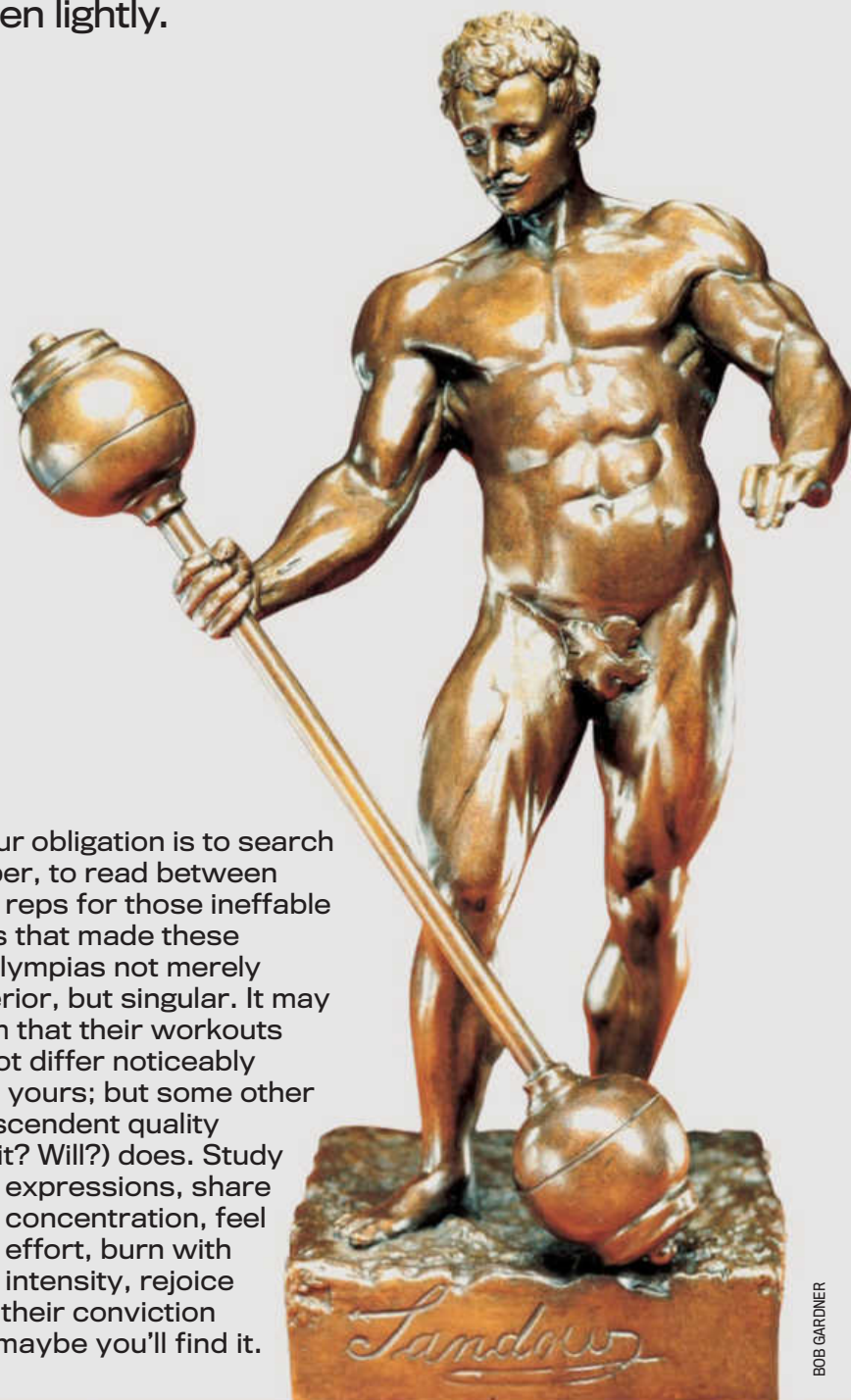
This is a trip to the top of the mountain, to sit in awe at the feet of some of the greatest Mr Olympias who have ruled that firmament, and to feed off their wisdom. It's a privilege not to be taken lightly.

Since 1965, the best of the best in bodybuilding have gathered at the base of Mount Olympia each year. Their goal: to reach the peak and plant their personal flag atop.

Over the past 50 years, 13 men have achieved this feat; each of them using differing training methods to carry them to the same zenith. In hopes of distilling the common secret of their success, we present here sample workouts of 10 Mr Olympias, so you can compare their styles.

You may ask why the workouts of these Olympia champs aren't more similar. The answer is that it's human nature to always look for an edge. Training philosophies are not so much an evolution as they are a search: the 1960s and 1970s were characterised by high volume, low reps and supersets; the 1980s, low volume and high intensity; and the 1990s ushered in the age of fixed-vector, high-tech recuperative training. The men in each of those decades assumed they had landed upon the secret, but we now know that the training philosophies they found were only tools to be used for further digging.

Your obligation is to search deeper, to read between their reps for those ineffable clues that made these Mr Olympias not merely superior, but singular. It may seem that their workouts do not differ noticeably from yours; but some other transcendent quality (spirit? Will?) does. Study their expressions, share their concentration, feel their effort, burn with their intensity, rejoice with their conviction and maybe you'll find it.



BOB GARDNER

SHOULDERS

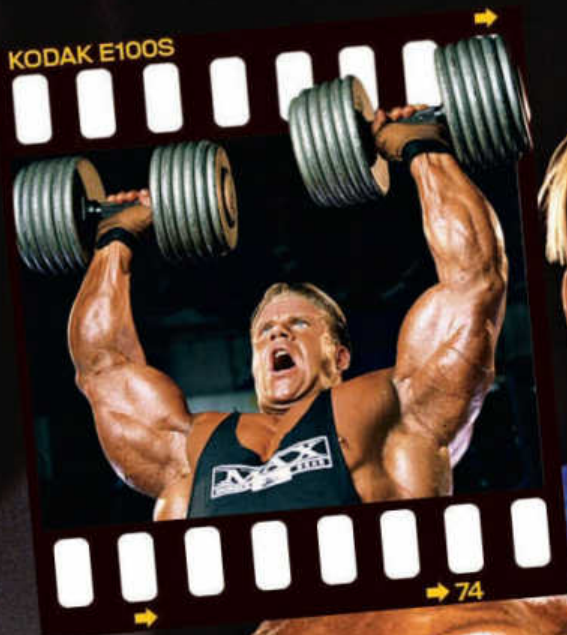
LARRY SCOTT
1ST MR OLYMPIA (1965-66)

SHOULDER WORKOUT

| EXERCISE | SETS | REPS |
|---------------------------------|------|------|
| Standing dumbbell presses | 5-6 | 6 |
| Dumbbell lateral raises | 4-5 | 6-8 |
| Bent-over lateral raises | 4-5 | 6-8 |
| Front alternate dumbbell raises | 5 | 8 |

"As the first Mr Olympia, I realised how important it was for the titleholder to be a good role model for the sport."

KODAK E100S



JAY CUTLER

11TH MR OLYMPIA
(2006)

"People were out of their chairs, high-fiving each other and the place just exploded. There was so much chaos, but my only reaction at that moment was thinking that I had to acknowledge Ronnie Coleman."

SHOULDER WORKOUT

| EXERCISE | SETS | REPS |
|--|------|------|
| Seated dumbbell lateral raises | 2* | 12 |
| | 4 | 10 |
| Seated dumbbell presses | 3 | 8-10 |
| One-arm behind-the-back cable lateral raises | 3 | 10 |
| Barbell front raises | 3 | 10 |
| Reverse pec-deck flies | 3 | 10 |
| High-pulley reverse crossovers | 3 | 10 |

* Warm-up sets

LARRY SCOTT

1ST MR OLYMPIA (1965-66)

"The deltoids require real punishment to grow," Scott insists. That's his justification for every conceivable tortured variation of his favourite shoulder exercise: dumbbell presses. He did them up the rack or up and down the rack for six heavy sets, always finishing with burn sets (non-stop repeat sets, until no more movement of the dumbbell was possible). For some exercises he'd go "light," which meant eight reps to failure. Heavy sets were a maximum of six, followed by a transition into those accursed burns.

That was just the beginning. Scott would then further bedevil his delts with another 14 blistering sets of dumbbell work, always capped by burns.

SCOTT TALKS SHOULDERS

I wasn't blessed with great shoulder width, and had to really work to cap my delts. Here are the fundamentals of how I did it:

- You need to cheat a little during lateral raises. That sounds like heresy from the past, but putting some body English into the lift, then resisting it strongly on the descent, forces more growth-stimulating stress onto the lateral head. This process needs to be completed quickly, so use a lot of weight and low reps. The current fad is to isolate that head and then pump it to death, but that does not sufficiently tear down the fibres.
- Train delts more often than larger body parts; they can take it. As a small and complex muscle group, they recover quickly. In my day, most of us trained our deltoids a minimum of twice a week, and usually three times a week.

JAY CUTLER

11TH MR OLYMPIA (2006)

"I'm a big believer in pumping the muscle before getting into the meat of the training," Cutler declares. "That's the reason I begin my shoulder workout with dumbbell lateral raises. They really get the blood flowing, and they're a good pre-exhaustion exercise."

Cutler believes a pumped muscle responds better to heavier weights, and his final

four sets are as heavy as he can make them for 10 reps each. That number may seem high to the normal mortal, but Cutler does laterals with weights most men can't press.

"Basically, I keep my elbows higher than my hands," he says, "and that enables me to feel it in all three heads of my deltoids." He allows that many disagree with this form, but he believes you should experiment to find the unique technique for your own structure that triggers the best response from your entire shoulder area.

CUTLER TALKS SHOULDERS

- People try to make the case for heavy training with low reps, but it has been proven by science and in the gym that a muscle responds best to volume, so I apply that principle to my shoulders in terms of both reps (eight to 10) and sets (a total of 21).
- "Meat-and-potatoes exercises" is my philosophy, and for shoulders, that means seated dumbbell presses. It's the one exercise in my shoulder routine where I use very heavy weight, which means starting with 54kg and going up to 68s.

SHOULDERS



- For one-arm dumbbell front raises, bring the dumbbell up horizontally and keep it directly in front of the anterior head of your delt, so that your sightline, when you're looking straight ahead, passes directly over the inner plates of the dumbbell.

- Use free weights as much as possible for all three heads. Over-isolating the delts fails to adequately fill in the interstices among the various heads.

- Keep the dumbbells parallel at all times. If they tilt to one side, resistance shifts away from the deltoids to the traps or back.

I prefer dumbbells for their unilateral movement: each arm works independently, so I can overcome asymmetrical weaknesses.

- For barbell front raises, make sure you lift with the anterior head of your delts, not with your traps. Also avoid reverse curling with your forearms; instead, use your hands as hooks, as if the barbell is hanging from them. This forces your delts to do the work.

- The majority of people need to do more rear-delt work, but the weight must be heavy, in the eight- to 10-rep range.

CHEST

ARNOLD SCHWARZENEGGER
3RD MR OLYMPIA (1970-75, 1980)

"I hit some more shots, and the crowd was chanting, 'Arnold, Arnold, Arnold!' Then I bowed and walked off."

CHEST/BACK SUPERSET WORKOUT

| EXERCISE | SETS | REPS |
|--|------|-----------------|
| Bench presses superset with Wide-grip chins | 5 | 12, 10, 8, 6, 5 |
| Incline bench presses superset with Barbell rows | 5 | 10 |
| Dumbbell flyes superset with Seated pulley rows | 5 | 12, 10, 8, 8, 8 |
| Dips superset with Close-grip chins | 5 | 10 |

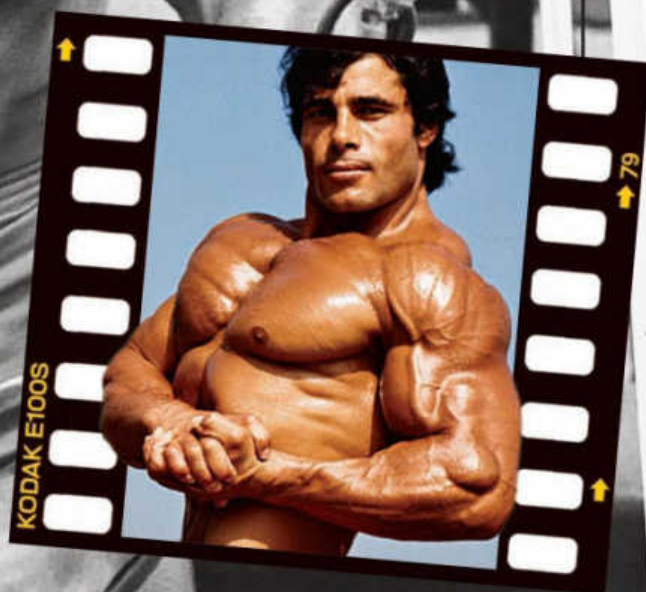
FRANCO COLUMBU

4TH MR OLYMPIA
(1976, 1981)

"What makes the Mr Olympia – the contest and the winner – so great is how the event forces physique standards to improve year by year."

CHEST WORKOUT

| EXERCISE | SETS | REPS |
|---|------|-----------|
| Bench presses superset with Cable crossovers | 3 | 15, 10, 4 |
| Flat dumbbell flies superset with Cable crossovers | 3 | 20 |
| Incline barbell presses giant set with Barbell pullovers Parallel bar dips Cable crossovers | 3 | 15 |
| | 3 | 15 |
| | 3 | Failure |
| | 3 | 25 |





RONNIE COLEMAN
10TH MR OLYMPIA (1998-2005)

"More than anything, what I felt the first time I won, as well as every time thereafter, was a sense of achievement, a validation of the hard work I've put in for so many years."

CHEST WORKOUTS

| EXERCISE | SETS | REPS |
|--------------------------|------|------|
| WEDNESDAY | | |
| Bench presses | 5 | 8-12 |
| Incline barbell presses | 3 | 12 |
| Flat dumbbell presses | 3 | 12 |
| Flat dumbbell flies | 4 | 10 |
| SATURDAY | | |
| Incline dumbbell presses | 4 | 12 |
| Decline barbell presses | 3 | 8 |
| Incline dumbbell flies | 3 | 10 |
| Decline dumbbell presses | 3 | 10 |

ARNOLD SCHWARZENEGGER

3RD MR OLYMPIA (1970-75, 1980)

Schwarzenegger's preference for supersetting chest with back in the same workout is soundly logical. Think of those two massive muscle groups as opposite sides of the same bodypart working with each other in an antagonistic manner: ie, as the chest expands, the lats contract and vice versa.

That same antagonistic function occurs within each of those muscle groups: it's particularly noticeable in Schwarzenegger's bench-pressing style, where he draws his shoulders back and his scapulae (shoulder blades) together underneath him as he expands his chest, like the diastrophic creation of a mountain, as high as possible to meet the descending barbell. This form is in dramatic contrast to today's dictum, which promotes keeping the back flat against the bench for strict isolation of the pecs, as opposed to Schwarzenegger's style, which favours as much movement of the pecs as possible.

SCHWARZENEGGER TALKS CHEST

- No girly-man workouts of training a bodypart only once a week. Use a double-split routine, training twice a day, six days a week, hitting each bodypart every other day (three times a week). Also, no heavy day/light day cop-outs. Make it heavy and high-volume every time.
- Work the chest from every direction. I don't mean by changing the angle; I mean from 90 or 180 degrees. Do everything from bench presses to dips to pullovers, with inclines thrown in.

FRANCO COLUMBU

4TH MR OLYMPIA (1976, 1981)

We can now look back and understand, by comparison, why the first two decades of Mr Olympias advocated supersets and giant sets for just about everything. Columbu employed both, and putatively had the most densely muscled and striated chest of them all. We're also talking incomparable volume: a minimum of 24 sets per workout, alternating between three times one week and twice the next. His reps also ran the gamut from 25 down to four,

thanks to his powerlifting background.

Columbu's unique twist on supersetting was to follow each heavy free-weight set with cable-crossover burnout sets that would engorge every vessel in his chest and leave no muscle fibre – red, white, green or fuchsia – untouched.

COLUMBU TALKS CHEST

- Supersets and giant sets require that you mentally steel yourself to take your initial heavy, free-weight movement to absolute failure, while also reminding yourself that you won't have a chance to rest after that, because you'll immediately have to regenerate maximum intensity for the following burnout sets. Warning: you've never trained this hard in your life, and you'll never get better results.
- Instead of a dumbbell for pullovers, use a barbell. It requires more stabilising strength; therefore, it builds more overall chest density.

CHEST



RONNIE COLEMAN

10TH MR OLYMPIA (1998-2005)

"The chest is such a vast muscle group that, in order to reach all its fibres, it must be trained (a) twice a week, with (b) every compound exercise possible, (c) using high reps but (d) extremely heavy weight in (e) alternating workouts, one for power and the other for muscle separation," Coleman says.

That sounds a bit more radical than it is in practice, because Coleman's alternating workouts may differ dramatically or minimally: all exercises may change, or they may remain the same but with a different angle for one movement.

■ Coleman explains another of his principles: "My off-season routine is my pre-contest routine. That's how I can take the stage without diminished mass."

COLEMAN TALKS CHEST

- Use an extreme range of motion for every repetition. That's what develops the muscle over its entire length, and especially builds fullness and separation at both insertions.
- The most offseason mass in the shortest time is produced by 12-rep sets.
- Use a wide grip on the barbell, to really stretch and separate the pec muscles.
- Do lots of dumbbell movements, every which way: presses, flies, angles, etc.

BACK

SERGIO OLIVA
2ND MR OLYMPIA (1967-69)

"Being Mr Olympia carried a magic completely different from that associated with other [body-building] titles."

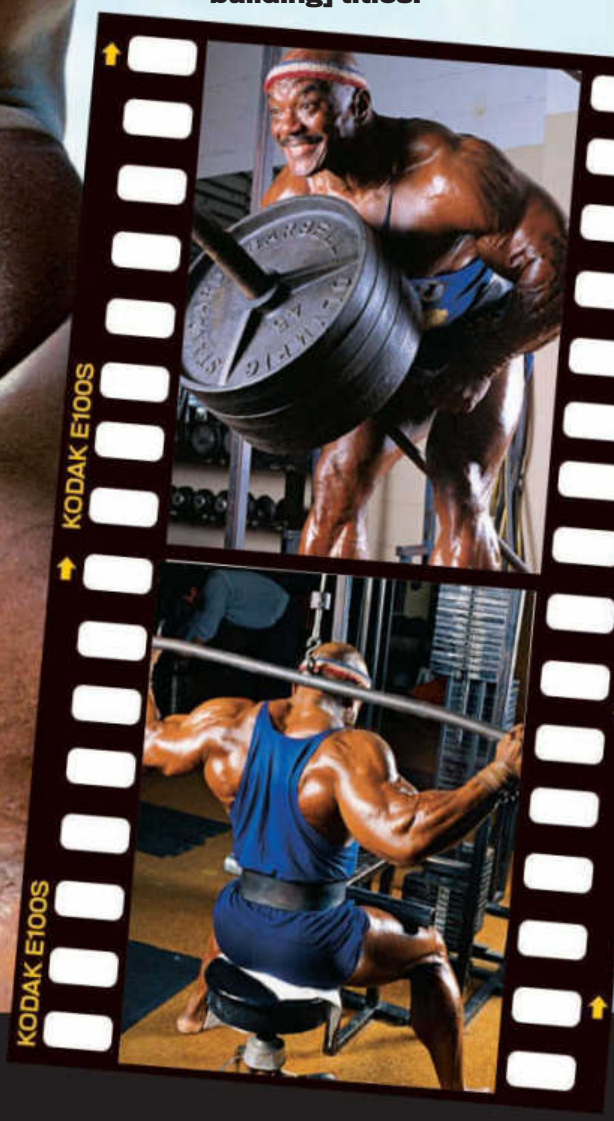
BACK WORKOUT

| EXERCISE | SETS | REPS |
|--|------|------|
| Wide-grip pull-ups* | 4 | 10 |
| Chins | 4 | 10 |
| Lat pulldowns* | 3-4 | 6-8 |
| Seated pulley rows† | 3-4 | 6-8 |
| Wide-grip deadlifts/ good mornings‡ | 3-4 | 8-10 |
| T-bar row/machine pulldowns‡ | 3-4 | 8-10 |

* Oliva alternated between touching the bar to the front of his head in one set and behind his neck the next.

† Oliva alternated between wide grip and narrow grip from set to set.

‡ Oliva alternated between the two exercises from set to set.



"The journey was a long, painstaking one, but the victory was sweeter for having had to wait."

CHRIS DICKERSON

6TH MR OLYMPIA (1982)

BACK WORKOUT

| EXERCISE | SETS | REPS |
|---------------------------------|------|-------|
| Wide-grip pull-ups* | 4-5 | 10-15 |
| One-arm dumbbell rows | 4-6 | 8-10 |
| Lat pulldowns (behind the neck) | 4 | 8-10 |
| One-arm cable rows | 4 | 8-10 |
| Seated pulley rows | 4 | 8-10 |
| Deadlifts† | 4 | 6-10 |

* The last two or three sets are weighted.

† These are performed every other week.

SERGIO OLIVA

2ND MR OLYMPIA (1967-69)

Even today, some pundits assert that Oliva possessed bodybuilding's best-ever arms. But his back wasn't chopped liver. It exhibited upper-lat width that appeared to swallow his shoulders and upper arms, and seemed to be chewing its way down to his elbows. Much of that impression came from his propensity for vertical pulls of every kind: pull-ups, pulldowns, chins, you name it. The rest of his exercises were holdovers from his powerlifting days, pulling from the other direction: deadlifts, T-bar rows, etc.

Oliva credits most of his back width and thickness to performing near-maximum deadlifts while he was a powerlifter, but when he changed to bodybuilding, he realised his technique had to change – moderately, that is. He reoriented his focus to specific muscle areas and increased his reps only enough to build an isolated pump. Even then, reps usually remained in the single digits.

OLIVA TALKS BACK

- A bodybuilding back requires bodybuilding movements, which means weight resistance against the specific muscle or muscles you're trying to build.
- If you're looking for the secret, it's one word: volume. The back, especially, needs at least two-dozen heavy sets per workout.
- For chins, do not go all the way up or try to touch your chest to the bar. That doesn't make your back bigger; it only makes you tired. Chins, like any back exercise, are for size and should be done with very heavy weight in the mid-range of motion.
- For back strength, erector thickness and protective safety, perform deadlifts and back extensions in every workout.

CHRIS DICKERSON

6TH MR OLYMPIA (1982)

Chris Dickerson was probably the most assiduous student of back development out of any of his peers. He had to be, he explains, because, "I had certain natural talents for bodybuilding, but the ability to develop an Olympia-sized back was not among them." With concerted attention to long stretches and strenuous squeezes at the top of his pull-ups, as well as full extensions and peak contractions during various rowing movements, he completed his package and left no room for doubt in claiming the Sandow.

BACK

DICKERSON TALKS BACK

- Use weight for the last two or three sets of pull-ups.
- For pull-ups, raise your body only by contracting your lats, not by pulling yourself up with biceps power.
- For vertical pulls (pull-ups, chins, pulldowns), squeeze and flex all those individual muscles in your upper and middle back, contracting them against each other until they burn; it's the only way to add separation and muscularity to your upper back for that all-important rear double-biceps pose.
- Add deadlifts to your workout every other week; they're essential for erector thickness and back depth.
- For any rowing movement, let your shoulders be pulled all the way forward, for maximum lat extension. As you pull backwards, try to touch your scapulas together, for more detailed development.
- Continuous tension is the most important training principle. Use it for everything.
- Prioritise weaker body parts by training them first.



BICEPS/TRICEPS/FOREARMS

FRANK ZANE
5TH MR OLYMPIA (1977-79)

"A contest is won beforehand in how you prepare. After that, you step onstage to convince people you are the winner. Of course, there are always a couple of other competitors who feel the same way, and part of the job is to sell your act."

ARM WORKOUTS

| EXERCISE | SETS | REPS |
|--|------|------|
| BICEPS | | |
| Alternate dumbbell curls | 4 | 8-10 |
| Cable preacher curls | 4 | 8-10 |
| Incline dumbbell curls | 4 | 8-10 |
| FOREARMS | | |
| Barbell reverse curls | 4 | 10 |
| superset with | | |
| Barbell wrist curls | 4 | 15 |
| High pulley cable extensions | 5 | 8-12 |
| TRICEPS | | |
| Two-arm dumbbell kickbacks* | 4-5 | 10 |
| Overhead cable extensions† | 4-5 | 10 |
| Smith machine close-grip bench presses | 4-5 | 8 |
| One-arm overhead dumbbell extensions | 5 | 6-10 |

JAY CUTLER

11TH MR OLYMPIA
(2006)

"To be a champion, you have to train like a champion, which, for me, means knowing your body and following the path it takes."

ARM WORKOUTS

| EXERCISE | SETS | REPS |
|--|------|-------|
| BICEPS | | |
| Alternate dumbbell curls | 2* | 12 |
| Alternate dumbbell curls | 2 | 7 |
| One-arm preacher curls | 1* | 12 |
| One-arm preacher curls | 2 | 12 |
| Standing barbell curls | 3 | 12† |
| Dumbbell hammer curls | 2 | 10-12 |
| TRICEPS | | |
| Rope pushdowns | 2* | 15 |
| Rope pushdowns | 3 | 12 |
| Straight bar pushdowns | 1* | 12 |
| Straight bar pushdowns | 2 | 12 |
| Close-grip bench presses | 1* | 12 |
| Close-grip bench presses | 2 | 12 |
| Dips | 1* | 12 |
| Dips | 2 | 12 |
| Seated cambered-bar French presses | 1* | 12 |
| Seated cambered-bar French presses | 2 | 12 |
| FOREARMS | | |
| Standing behind-the-back barbell curls | 3-4 | 8-10 |
| Reverse-grip barbell curls | 3-4 | 8-10 |

* Warm-up sets

† At the end of Cutler's last set, he drops the bar, counts to 10, then picks it up and performs five more reps.

FRANK ZANE

5TH MR OLYMPIA (1977-79)

Muscularity is the qualifier for a Mr Olympia, but proportionality, asserts Zane, wins the title. Even now, he is considered the beau ideal of bodybuilding aesthetics. "When you speak of balance and proportions," explains the former maths teacher, "those qualities must apply to all levels of the body: upper body/lower body, proximal-distal symmetry, relativity of muscle groups, and even something as specific as biceps-triceps-forearm ratio."

While training with Schwarzenegger, Zane's arm development accelerated as he focused on improving his biceps peak by means of peak-contracted dumbbell curls, and balancing them with more triceps mass built through close-grip benches and heavy dumbbell extensions.

"Until 1977," he continues, "I used lots of light pumping movements, but after Joe Weider told me to increase my poundages, I was able to build and retain more mass and win the Mr Olympia."

ZANE TALKS ARMS

- Prioritise the lagging body part by training it three times a week and first in your workout.
- Reduce your sets, in order to use heavier weights. Three or four exercises of three or four sets gave me the best growth.
- For arms, one warm-up set will do; then, get right into your max sets of eight to 10 reps, forcing the last two.

JAY CUTLER

11TH MR OLYMPIA (2006)

"My training style is very explosive, with very fast repetitions, almost to the point where it's sloppy, but it's the highest-intensity shock training possible," Cutler proudly asserts. "Arnold [Schwarzenegger] said, 'Just get the weight up'. I don't go crazy heavy, to the point where nothing is being worked, but the more speed I force against the weight, the heavier I make it and the harder the contraction. I can even isolate a muscle more with this technique."

CUTLER TALKS ARMS

- I like pairing biceps and forearms with triceps to a certain point, but since I train twice a day, I get concerned that, with time, I might be doing too much for arms. When I feel that coming on, I'll change to

training each of them with another body part on a split day, usually biceps with chest and triceps with shoulders.

- If you have really wide shoulders, like mine, you need to have very big arms; otherwise, they can get lost if the focus is on your delts. In other words, if you have big delts, it's almost impossible to have arms that are too big.

- I like one-arm dumbbell preacher curls and alternate dumbbell curls for pre-fatiguing my biceps prior to the essential core movement of standing barbell curls.

- The good thing about triceps is that there are so many good movements from many directions: pushdowns, overhead extensions, dips, lying French presses, kickbacks and more. Do them all.

- Train forearms the same as any other body part: at least two exercises for three or four sets of eight to 10 reps.

BICEPS/TRICEPS/ FOREARMS



(RIGHT) CHRIS LUND

LEGS

LEE HANEY
8TH MR OLYMPIA
(1984-91)

LEG WORKOUTS

| EXERCISE | SETS | REPS |
|------------------------|------|-------|
| QUADS | | |
| Leg extensions | 4-5 | 12-15 |
| Leg presses | 4 | 10-12 |
| Squats | 4 | 4-10 |
| HAMSTRINGS | | |
| Lying leg curls | 4 | 10-12 |
| Stiff-leg deadlifts | 3 | 8-10 |
| Standing one-leg curls | 3 | 10-12 |
| CALVES | | |
| Seated calf raises | 5 | 6-15 |
| Standing calf raises | 5 | 6-15 |

"Should I never achieve anything else, I can say I took eight Olympia titles. When my kids grow into adults, they can look back and say, 'Yup! My daddy was the greatest bodybuilder of all time.'"



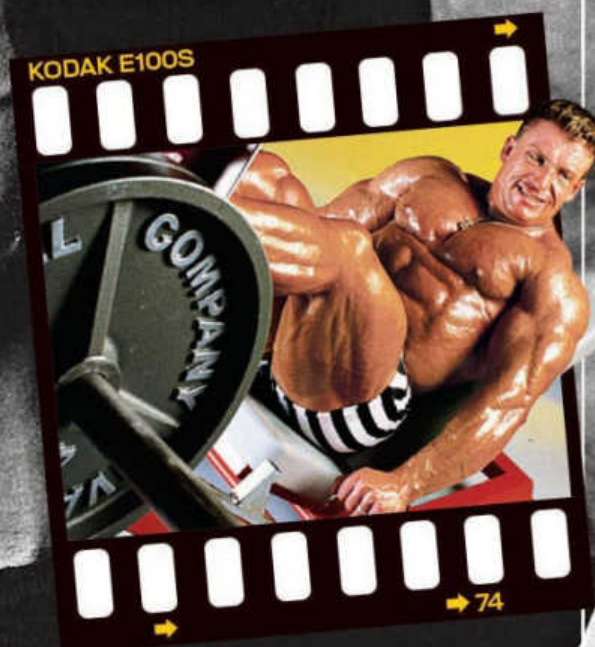
"Two-hundred-pound (91kg) guys can win other contests, but if you are going to say to the general public, 'This is Mr O, the best bodybuilder in the world', they are going to expect to see a big, big guy."

DORIAN YATES

9TH MR OLYMPIA (1992-97)

LEG WORKOUTS

| EXERCISE | SETS | REPS |
|------------------------------|------|-------|
| QUADS | | |
| Leg extensions | 1* | 15 |
| Leg extensions | 1* | 12 |
| Leg extensions | 1 | 10-12 |
| Leg presses | 1* | 15 |
| Leg presses | 1* | 12 |
| Leg presses | 1 | 10-12 |
| Hack or Smith machine squats | 1* | 15 |
| Hack or Smith machine squats | 1 | 10-12 |
| HAMSTRINGS | | |
| Lying leg curls | 1* | 15 |
| Lying leg curls | 1 | 8 |
| Stiff-leg deadlifts | 1* | 12 |
| Stiff-leg deadlifts | 1* | 10-12 |
| CALVES | | |
| Standing raises | 1* | 15 |
| Standing raises | 1 | 10-12 |
| Seated raises | 1 | 6-8 |
| * Warm-up sets | | |



RONNIE COLEMAN

10TH MR OLYMPIA (1998-2005)

“What I’m trying to do is make the most of what I’ve been given, which is my work ethic. That’s not something you learn; you’re born with it.”

LEG WORKOUTS

| EXERCISE | SETS | REPS |
|---------------------|------|-----------|
| WORKOUT A | | |
| Squats | 5-6 | 8-12 |
| Leg presses | 4 | 8-10 |
| Parking-lot lunges | 2 | 100 yards |
| Stiff-leg deadlifts | 3 | 12 |
| Donkey calf raises | 4 | 20 |
| Seated calf raises | 4 | 20 |
| WORKOUT B | | |
| Leg extensions | 4 | 30 |
| Front squats | 4 | 12-15 |
| Hack squats | 3 | 12 |
| Standing leg curls | 3 | 12-15 |
| Lying leg curls | 4 | 12-15 |
| Donkey calf raises | 4 | 20 |
| Seated calf raises | 4 | 20 |

LEE HANEY

8TH MR OLYMPIA (1984-91)

"Optimum leg development requires power movements for the white part of the muscle cell, and rhythmic movements for the red part. If you back off from power movements pre-contest, or because of fear of injury or overtraining, the white part will gradually dissipate, so I keep power movements in my program all the way up to a show. Even though my style is a lot like a powerlifter's," Haney explains, "I am a bodybuilder, so my focus is on the sensation I'm creating in the muscle, rather than on the weight I'm lifting. If I decide to max out, I'll still do four reps on my own, with help from my spotter on two or three more."

"The ultimate power movement for legs is squats, but after training for many years, my knees could not take them as the first exercise in my workout, so I placed them third, following leg extensions and leg presses. My knees were then warmed up by the time I started using them for power squats."

HANEY TALKS LEGS

- Do not go deeper than parallel on squats. Any lower is hazardous for the knees and lower back, and works the glutes and hamstrings more than the quads.
- Once I developed good hamstring mass from lying leg curls and stiff-leg deadlifts, I switched to standing unilateral curls, which enabled me to allocate total intensity to each leg individually.
- Calves need more work than you can imagine. I used a three-on/one-off schedule, and I worked them every training day.

DORIAN YATES

9TH MR OLYMPIA (1992-97)

Yates learned that his upper body responded better to low reps, while his legs responded better to higher reps in the 10-12 or 10-15 range. "Each repetition," adds Yates, "is slow and controlled. I still use as much

power as I did in my naïve early days, but I feed it in more gradually and through more repetitions.

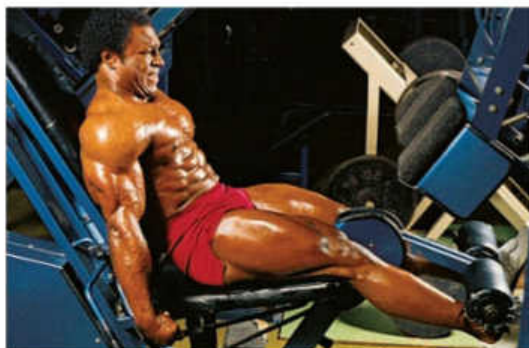
"There are many myths about squats, one being that everybody should do them

and do them heavy. However, some of us have limb lengths that make squats awkward. That's why I do other exercises instead. Examine your leg exercises objectively to see which ones give your muscles the best workout. If squats are not in that mix, so be it."

YATES TALKS LEGS

- For leg extensions, do not explode so that your body rises off the bench. That's dangerous and ineffective (you're using leverage, not muscle contractions).
- I don't believe in changing foot positions for leg presses. Mine are slightly inside shoulder width, and pointed straight ahead.
- Use a full range of motion, slow and controlled, with every rep. On your heavy set, do two forced reps after failure.
- For hamstring curls, think in terms of full, long, slow, controlled extensions, and then a gradual contraction, increasing power as you go, with a maximum squeeze at the top.
- If your calves need prioritising, train them at the beginning of your leg workout, instead of overtraining them with too many sets; however, use very heavy weight for no more than 10 reps to failure.

LEGS



RONNIE COLEMAN

10TH MR OLYMPIA (1998-2005)

"Layered intensity' is the principle I use for legs," Coleman explains. "That means I hit them with heavy straight sets one week, then supersets and giant sets the next. With these variations, I don't have to change the exercises in workouts A and B, yet I can still satisfy my requirement of shocking the muscles differently each time."

"I count reps for every set, rather than counting on failure. Numbers commit me to a fixed goal; failure is open to interpretation (you can fail whenever you want). That numerical goal is always a minimum, my challenge being to see how far beyond it I can go."

"Getting a full range of motion is my aim for every other body part; not, however, for legs. They're so big and long that they need to be continuously pumped, without a lockout at the top of any rep. If I need to double my intended reps in order to get that pump, that's what I'll do; and if I need to superset and giant-set through the whole workout, I'll gladly go that route."

COLEMAN TALKS LEGS

- Ah, legs day. My favourite day. The most indispensable leg exercise is squats. Don't argue.
- Do lots of sets. It's important to warm up, pyramiding gradually – knees take lots of abuse from leg workouts.
- Use supersets and giant sets regularly. They keep the pump going. **FLEX**

BY MATTHEW KADEY PHOTOGRAPHS BY BRIAN KLUTCH



BULK UP

INVEST KITCHEN TIME ON THE FRONT END WITH BULK COOKING, THE SUREFIRE WAY TO (WAIT FOR IT), BULK UP THE MUSCLE



Eating for mass isn't an easy undertaking. After all, it can seemingly take forever to prepare all the meals necessary to fuel monumental growth. And if you tackle your repasts on a meal-by-meal basis, it's likely you'll end up cosying up to a soggy frozen dinner or idling in the drive-thru line for the sake of stealing back lost time. That's why to keep your muscles fed and full in the best possible way, it's time to employ a cooking method that requires some upfront effort but pays significant dividends down the road. We're talking about ye-olde batch cooking. Long employed by Volvo-driving soccer mums to feed a hungry family, preparing large quantities of foods at once to be doled out over the days to come saves you serious time in the kitchen. And preparing items like stews and chilli in a single pan cuts down on the need to deal with a pile of grimy dishes in the sink. So put down that remote and carve out some time from your Sunday afternoons to cook up a storm with these big-batch nutritious recipes that are clutch for solving the problem of "What's there to eat?"

BEEF SPELT STEW Serves 6

Per serving

Calories 559 | Protein 36g | Carbs 36g | Fat 31g

Simmer up this beast of a stew and you can have a week's worth of get-big protein and calories ready when you are. As a bonus, wholegrain spelt and vegetables provide nutrients needed to properly recover from your workouts.

Make it better: when tough, less expensive cuts of beef like chuck or round are braised in some liquid for a period of time, the meat becomes deliciously tender. Saving money never tasted so good.

Need to know: spelt is an ancient form of wheat that has a stellar chewy bite and delivers quality carbohydrate calories. Find it at most health-food shops.

Ingredients

1 tbsp oil
1kg beef chuck or top round, excess fat trimmed and cut into 2.5cm pieces
1 large brown onion, diced
½ tsp salt
3 garlic cloves, minced
3 tbsp tomato paste
2 tsp dried thyme
1 tsp ground cumin
½ tsp ground allspice
¼ tsp ground cayenne pepper
3 cups low-sodium beef stock
1 cup wholegrain spelt
1 tbsp Worcestershire sauce
1 medium butternut pumpkin, peeled, cubed
2 large carrots, chopped
2 celery stalks, sliced
½ cup chopped parsley

Directions

1 Heat oil in a large saucepan over medium-high heat. Add beef and cook until browned all over. If pan is too crowded, brown beef in batches. Remove beef from pan and set aside.
2 Reduce heat to medium. Add onion and salt to pan and heat until softened, about 5 minutes. Add garlic, tomato paste, thyme, cumin, allspice and cayenne and heat 1 minute, stirring with a wooden spoon to scrap up any brown bits from bottom of pan. Add stock, 2 cups water, beef, spelt and Worcestershire sauce. Bring to a boil, reduce heat to medium-low and simmer gently for 40 minutes. Stir in pumpkin, carrots and celery; continue simmering until spelt and veggies are tender but not mushy, about 20 minutes. Serve garnished with parsley.

BULK COOKING

MEDITERRANEAN SALMON QUINOA SALAD

Serves 6

Per serving

Calories 616 | Protein 34g | Carbs 41g | Fat 35g

Break out of your sandwich or (yawn!) grilled chicken breast rut with this big-batch salad that is awash in appetising flavours and textures. Quinoa provides a treasure trove of nutrients, while salmon makes sure that this salad gives you a healthy dose of protein and mega-healthy omega-3 fats.

Make it better: taking the time to lightly toast the quinoa grains before simmering them in liquid infuses the South American whole grain with a palate-pleasing nutty flavour.

Need to know: the deli section of supermarkets is a great place to load up on items like roasted red capsicum, artichoke hearts and pitted olives.

Ingredients

700g salmon
Salt and pepper, to taste
1½ cups quinoa
1 tbsp Italian seasoning
1 cup sliced marinated artichoke hearts
½ cup sliced kalamata olives
1 pint cherry tomatoes, halved
1 cup sliced roasted red capsicum
1 cup chopped dill pickles
1 cup diced red onion
½ cup chopped flat-leaf parsley
115g feta cheese, crumbled
¼ cup extra-virgin olive oil
Juice of 1 lemon
2 tbsp prepared horseradish

Directions

1 Preheat oven to 200°C. Season salmon with salt and pepper; place in oven and bake until cooked through, about 12 minutes. Let cool and then break apart flesh with a fork.

2 Meanwhile, rinse quinoa and place in a heavy-bottom saucepan over medium heat. Heat until quinoa is dry and smells slightly toasted, stirring often. Add 2½ cups water and Italian seasoning to pan, bring to a boil, reduce heat and simmer covered until quinoa is tender and water has absorbed, about 12 minutes. Set aside covered for 5 minutes and then fluff with a fork.

3 In a large bowl, toss together quinoa, salmon, artichokes, olives, tomatoes, red capsicum, pickles, onion, parsley and feta. In a small bowl, whisk together oil, lemon juice horseradish and black pepper to taste. Toss dressing with quinoa mixture.



PORK PENNE ALLA VODKA

Serves 6

Per serving

Calories 722 | Protein 26g
Carbs 70g | Fat 31g

Easier to make than lasagne and much more exciting to eat than Alfredo, this creamy penne alla vodka delivers a bounty of quality calories to help you bulk up like a pro.

Make it better: stirring in spinach is an easy way to up the nutritional ante. In fact, Popeye's green of choice is one of the richest sources of nitrates – compounds shown to potentially increase muscle strength by impacting proteins involved in muscular contraction.

Need to know: there are a number of flavours in tomatoes and meats like sausage that are alcohol-soluble, meaning that they are released when cooked alongside some booze like vodka.

Ingredients

1 tsp oil
2 shallots, minced
3 garlic cloves, minced
500g hot or mild Italian pork sausage, removed from casing
1 cup vodka
2 cups low-sodium chicken stock
1 can (800g) crushed tomatoes
2 tsp dried oregano
½ tsp crushed red pepper flakes
½ tsp black pepper
500g wholegrain penne pasta
1 cup low-fat cream
6 cups spinach, ends trimmed
Grated parmesan cheese, to taste

Directions

1 Heat oil in a large pan over medium heat. Add shallots and garlic; sauté 1 minute. Crumble sausage into the pan and brown all over, but don't cook through.

2 Pour in vodka and boil for 2 minutes to reduce. Add stock, tomatoes, oregano, red pepper flakes and black pepper. Bring to a boil, add penne and simmer covered over medium-low heat, stirring occasionally, until pasta is al dente, about 15 minutes. If sauce becomes too thick before pasta is cooked, add a bit more stock to thin.

3 Reduce heat to low and stir in cream. Heat without bringing to a boil. Stir in spinach until lightly wilted. Top with parmesan.



MAKE IT LAST

How to get more meal mileage

CHILL OUT Leftovers can be safe to eat for up to a week if they have been chilled in a fridge set at an optimal temperature of 4°C.

SUBZERO HEROES These recipes freeze well for future meals. But don't freeze an entire batch of beef stew into one giant solid block. Instead, break up the dishes into different containers based on desired serving sizes for quicker freezing and thawing. To avoid the dreaded "freezer burn", use a straw to suck out any excess air from zip-top bags. If using a solid container, lay a piece of baking or wax paper

over the food. High-moisture items like stews expand up to 10 percent when they freeze, so leave some headspace between the top of the food and the lid. Containers should be placed directly on the floor of the freezer (not on shelves) to increase the speed at which heat is removed from the food. Slow freezing encourages the formation of large ice crystals that pierce the cell structure of the food and ruin its texture.

DON'T LINGER It's a myth that you need to allow a dish to come down to room temperature before chilling or freezing, which serves to only raise the risk of bacteria growth. The maximum amount of safe time between the end of cooking and refrigeration or freezing is two hours.



CHICKEN RICE FAJITA

Serves 6

Per serving

Calories 565 | Protein 62g | Carbs 51g | Fat 12g

Who says chicken fajita needs to be wrapped up in a tortilla? This one-pot version replaces the tortilla with more nutrient-dense brown rice and delivers a huge wallop of protein to keep your muscles firing on all cylinders.

Make it better: going the extra mile to brown meats like chicken and beef before simmering them in liquid adds an extra layer of flavor to the dish.

Need to know: you can whip up your own fajita seasoning by stirring together 1 tsp paprika with ½ tsp each cumin, garlic powder, onion powder, salt and black pepper.



Ingredients

1 tbsp oil
1.3kg chicken breasts
Salt and pepper, to taste
1 brown onion, diced
250g button mushrooms, sliced
3 garlic cloves, minced
1 tbsp fajita seasoning
1½ cups chunky jarred salsa
1 cup reduced-sodium chicken stock
1¼ cups uncooked brown rice
2 medium zucchini, sliced into 1½cm rounds
3 large capsicums, preferably different colours, sliced
1 cup plain yoghurt
1 avocado
Juice of 1 lime
Coriander, to taste

Directions

1 Heat oil in a large pan over medium-high heat. Season chicken with salt and pepper. Add chicken to pan and brown all over, then remove from pan and set aside. Reduce heat to medium, add onion and mushrooms and heat until softened, about 5 minutes. Add garlic and fajita seasoning; heat 30 seconds.

2 Add salsa and stock to pan, bring to a boil and scrape up any brown bits from bottom of pan. Stir in rice, return to a boil, reduce heat to medium-low and simmer covered for 15 minutes. Place chicken and zucchini in pan and continue simmering for 15 minutes. Flip chicken, place capsicum in pan, cover and continue to heat until rice is tender and chicken is cooked through, about 15 minutes.

3 Place yoghurt, avocado, lime juice, and a couple of pinches of salt in a blender and blend until smooth.

4 Remove chicken from pan and slice. Place rice fajita mixture in serving bowls and top with sliced chicken, avocado cream and coriander.

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PUMPKIN TURKEY CHILLI

Serves 6 Per serving

Calories 425 | Protein 47g | Carbs 47g | Fat 6g

Who can say no to a hearty bowl of chilli? With 12 grams of dietary fibre in each serving (gracias, beans), each spoonful will help squash any cravings for post-meal physique killers.

Make it better: garnish options include sour cream, grated cheddar cheese crumbled tortilla chips and/or diced avocado. Or add dollops of the same avocado cream provided in the Chicken Rice Fajita recipe.

Need to know: if you want your minced bird to have a better protein-to-fat calorie ratio, look for packages labeled “turkey breast mince,” which do not include the higher-fat skin or dark meat.

Ingredients

- 1 tbsp oil
- 1 large brown onion, diced
- 2 large green capsicum, chopped
- ½ tsp salt
- 1kg turkey mince
- 3 garlic cloves, minced
- 2 cans (400g each) diced tomatoes
- 1 cup low-sodium chicken stock
- 400g pumpkin purée
- 1 chipotle chilli pepper in adobo sauce
- 2 tsp smoked paprika
- 1½ tsp dried oregano
- 1 tsp ground cumin
- ½ tsp cinnamon
- ½ tsp black pepper
- 1 can (400g) black beans, rinsed and drained
- 1 can (400g) pinto beans, rinsed and drained
- 1½ cups frozen corn kernels

Directions

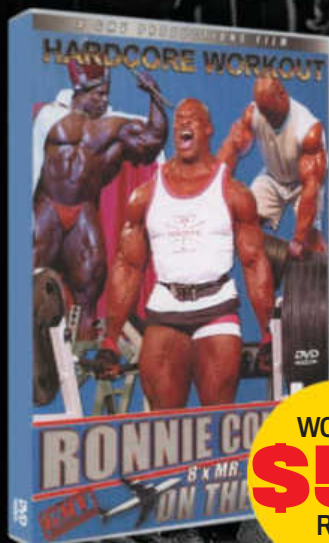
1 Heat oil in a large pan over medium heat. Sauté onion, green capsicum, and salt until vegetables are tender, about 5 minutes. Stir in turkey and garlic; cook until meat is browned.

2 Place 1 can tomatoes, stock, pumpkin, chipotle, paprika, oregano, cumin, cinnamon and pepper in a blender and blend until smooth. Add mixture to pan along with remaining can of tomatoes, bring to a boil, reduce heat, and simmer for 20 minutes. Add beans and corn and heat through. **FLEX**



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LEGGING IT OUT

FRENCH STRONGMAN **MORGAN ASTE** BOMBS HIS LEGS AS HE AIMS FOR THE PRO RANKS

BY JAMES RILEY PHOTOGRAPHS BY PER BERNAL

If you were asked to name the biggest, freakiest mass monster on the current IFBB roster we're guessing you'd say 143kg Mamdouh "Big Ramy" Elssbiay. And you'd certainly have a case to make. But there's a gargantuan 160-kilo strongman from France who's looking to challenge Ramy as the most massive guy to occupy real estate on an IFBB stage: Morgan "the Big Rock" Aste. Considered by many to be the strongest man in France, Aste remains the country's record-holder for one rep of

LEG PRESS **4 sets x 6-20 reps**

"I prefer to place my feet higher on the board for fewer constraints for my knees and a better distribution of weight between the quadriceps and hamstrings."

"Whether I work heavy or high intensity will determine my set/rep scheme."

"You may change the position of your feet on the board to have better control of the internal and external vastus."

EXAMPLE OF A MACS7 HEAVY SESSION (LEG PRESS)

| SETS | REPS | KILOS | REST | MAX REPS | REST |
|------|------|-------|--------|---------------------|---------|
| 1 | 12 | 700 | - | 70% previous weight | 2-3 min |
| 2 | 10 | 800 | 90 sec | 60% previous weight | 2-3 min |
| 3 | 8 | 900 | 90 sec | 50% previous weight | 2-3 min |
| 4 | 6 | 1000 | 90 sec | 30% previous weight | 2-3 min |





the log press (170kg). But the ability to press heavy logs, tug a 13-ton truck, or hoist a 77-kilo Atlas stone doesn't necessarily translate to victories on a bodybuilding stage. The game changes, becoming more about symmetry, shape and presentation, with the deciding factor as to which competitor emerges victorious shifting to a panel of judges. Aste understood concentrating on bodybuilding full time would require him to make changes. His first order of business: an overhaul of

his nutrition regimen. "As a strongman, my diet was less strict relative to the 24-hour caloric needs of bodybuilding," Aste says. He now aims to consume 6000 calories a day. "My nutrition is regulated... by ingesting proteins, carbs and lipids divided into six or seven meals," he explains. "That includes consuming Eric Favre Iron 02 Booster dipeptides... to allow me to have an appropriate intake of amino acids without charging the digestive and energetic system."

So far, the reconfigurations have paid off. Last September Aste earned top honours at the 2015 NPC Fit Championships, moving the Lyon, France, native another step closer to earning a coveted IFBB pro card. The year before, he scored a win in the super-heavyweight division of the 2014 IFBB French Championships and took ninth at the 2014 Arnold Amateur Europe.

In the gym, Aste remains dedicated to refining his physique. We caught up with him on a leg day, where his goals were to develop his vastus lateralis and improve his muscular definition. He relies on the MACS7 training system devised by his longtime trainer, René Mème. "MACS7 allows for short muscle-building sessions without overloading the skeletal system," Aste says. "It's based on the interaction between various modes of muscular contractions and different training techniques."

Aste follows a two-on, two-off workout schedule. Hamstrings and calves get paired with shoulders, with a separate day for quadriceps and hamstrings. Whether he works MACS7 using heavy sets or intensive sets, his leg sessions last between 20 and 35 minutes max. Additionally, Aste spends four sessions of 15 minutes each week doing the MACS7 cardio method (high-intensity), which allows him to burn fat without sacrificing muscle mass.

ASTE'S TRAINING SPLIT

| DAY | BODY PART |
|-----------|-------------------------------|
| MONDAY | Chest, back |
| TUESDAY | Biceps/triceps |
| WEDNESDAY | Rest |
| THURSDAY | Shoulders, hamstrings, calves |
| FRIDAY | Quadriceps, hamstrings |
| SATURDAY | Rest |
| SUNDAY | Repeat 2-on, 2-off cycle |

Note: Aste performs cardio four times a week, for 15 minutes, using the MACS7 cardio.



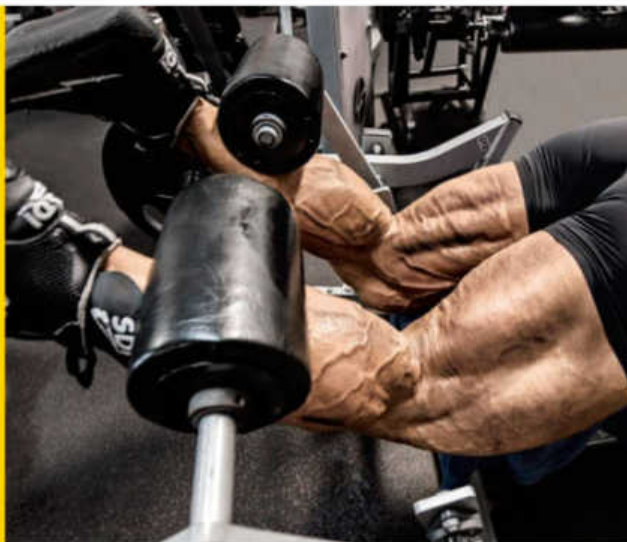
LEG CURL

4-6 sets x
6-20 reps

"Avoid lifting
your pelvis
off of the
bench."

"Do not arch
your back."

"Squeeze your
hamstrings at
the top of the
movement."



LEG EXTENSION

4-6 sets x 6-20 reps

"You may change
the orientation of
your feet during this
exercise, to better
work the internal and
external vastus."

"Do not lift your
pelvis off your seat."

"I often superset
leg extensions with
another exercise."

A full-page photograph of bodybuilder Morgan Aste in a gym. He is wearing a black tank top with "ERIC FAVRE" and a red logo, black shorts, and a black cap. He is performing a squat on a machine with large black weights on his shoulders. He has a determined expression and is sweating. The background shows gym equipment and posters, including one for "MR. OLYMPIA".

MORGAN ASTE

PLATE-LOADED SQUAT

4-6 sets x 6-20 reps

"Position feet further forward to avoid putting tension on the knees."

"Keep the back fixed against the pad."

"Avoid bouncing in the bottom position."

Snapshot: Morgan Aste

AGE: 32 **BIRTHPLACE:** France **CURRENT RESIDENCE:** Lyon, France

HEIGHT: 190.5cm **WEIGHT:** 160kg off-season, 135kg contest

CAREER HIGHLIGHTS: 2015 NPC Fit World Championships, heavyweight and overall winner; 2014 French Championship, super-heavyweight and overall winner **SPONSOR:** Eric Favre Laboratoire



SEATED CALF RAISE

4-6 sets x 6-20 reps

"Correctly finish the extension on the tips of your toes, as high as possible."

"Diversify the number of reps."

"A negative to this exercise: the machine rarely adapts to someone my size."

STANDING CALF RAISE

4-6 sets x 6-20 reps

"Be mindful of your back when using heavy weight."

"Keep your knees locked out and lightly bent."

"Concentrate on using a full range of motion for each rep." FLEX



MACS7 HARDCORE LEG WORKOUT

| EXERCISE | SETS | REPS |
|---------------------|------|------|
| Leg press* | 4 | 6-20 |
| Plate-loaded squat* | 4 | 6-20 |
| Leg extension | 4-6 | 6-20 |
| Leg curl | 4-6 | 6-20 |
| Hack squat | 4-6 | 6-20 |
| Seated calf | 4-6 | 6-20 |
| Standing calf | 4-6 | 6-20 |
| *See MACS7 chart | | |



BACKBURNER

BY GREG MERRITT

PHOTOGRAPHS BY KEVIN HORTON

It's hot. Desert hot. That's the forecast most every summer day in Kuwait City, just as it is 12,000+ kilometres away in Las Vegas, where Mr Olympia is staged. Though it's comfortably cool in Oxygen Gym, Mamdouh "Big Ramy" Elssbiay brings the heat to his back workout, grinding out set after set, hoisting 315-pound (143kg) barbell rows and repping out five-plate partial deads, making additions to what are already two of the largest lats the world has ever known.

Last year, Elssbiay, who placed fifth in the 2015 Olympia worked with trainer Ahmad Alaqi who brought a progressive component to training days. "For the chest, back, shoulders and legs, we vary the rep range from 15 to 6," Alaqi

explained when we met him and Big Ramy at the gym pre-Olympia 2015. "Each week, we decrease the number of reps. So we start Week 1 with sets of 15 reps. Next week we go to 12 reps. The week after, 10, then eight, and finally six. And then we go back to 15 and start over again." As the reps go lower, the weights grow bigger over the five-week progression. (For arms, the reps stay in the 10-to-15 range with an emphasis on maximising pumps.)

The day FLEX watched Elssbiay work back under Alaqi's supervision in Oxygen Gym was a Week 3, 10-rep session. This means 10 was the target for every working set, though sometimes Big Ramy grinded out an extra rep or two with Alaqi's helping hands. Trainer and trainee rarely spoke. During the last two exercises, when intensity was at risk of waning, the phenom who has won all three of his non-Olympia shows clamped his red Beats headphones onto his ears, and hip-hop drove him through the toughest reps as his face contorted with pain. Mamdouh Elssbiay already has the world's widest back. But in workouts like the one we observed, he's attacking that back with a diversity of exercises and angles, all designed to accentuate the plateaus and canyons of his dorsal landscape – all those relief-map details that give Phil Heath his Olympia-winning edge. That's what Big Ramy wants. If and when he gets it, his hang-glider lats may, in turn, give him the winning advantage.

HAMMER STRENGTH CLOSE-GRIP PULLDOWN

SETS 4 **REPS** 10 **WEIGHT** 122kg

EQUIPMENT Hammer strength iso-lateral close-grip pulldown

GRIP Underhand with straps, index fingers at outer edges of handles

FORM After two light warm-up sets of wide-grip front pulldowns at a pulldown station, Ramy moves to the hammer strength machine. He stays upright with his abdomen against the support pad for most of each rep, but he leans back slightly near the end. His emphasis is on full ranges of motion with maximum stretches and contractions.

FOCUS With this machine, Elssbiay's pinkies go from 35cm apart at stretches to 55cm apart at contractions, so he's pulling his elbows not just down but also from in front of his body to his sides and from closer together to farther apart. Thus, he activates different back muscle functions. "I focus on pulling my elbows back as far as possible to feel it in the inner back," he says. His trainer assists with forced reps on his final set.

**BIG RAMY USES
A WIDE ARRAY
OF EXERCISES TO
BRING THE SIZE**

**MAMDOUH
"BIG RAMY"
ELSSBIAY
BLASTS BACK
IN KUWAIT**



HAMMER STRENGTH ROW

SETS 4 **REPS** 10 **WEIGHT** 270lb (122.5kg)

EQUIPMENT Hammer strength iso-lateral low row (this machine's levers are attached above)

GRIP Parallel, holding the lever bars near their bottoms (just above where the handles attach)

FORM Since the handles aren't used, it's as if his arms and the machine's arms are one and the same, with his elbows functioning as the only hinges. His abdomen never moves from the support pad as he does each rep. He attains a full stretch and contraction each time.

FOCUS With the lever mechanics of this machine, rows are pulled in a downward arc and then slightly upward at contractions. This, coupled with his pulling his elbows back as far as possible, focuses more on his lower lats. Gripping the lever bars instead of the handles also allows him to get his elbows farther back at contractions.

ELSSBIAY'S WORKOUT PROGRESSION

| WEEK | TARGET REPS |
|------|-------------|
| 1 | 15 |
| 2 | 12 |
| 3 | 10 |
| 4 | 8 |
| 5 | 6 |

BARBELL ROW



SETS 3 **REPS** 10
WEIGHT 315lb (143kg)

EQUIPMENT Olympic barbell, rack

GRIP Overhand with straps, thumbs at inner edge of knurling

FORM He cinches up his training belt before each set. Taking a relatively narrow grip for someone so wide, Big Ramy stays mostly upright with his upper body at an angle approximating the minute hand at 10 o'clock. He pulls the bar up, grazing the sweatpants covering his quads, and into his waist.

FOCUS Last year's Arnold Classic Brazil champ watches himself in a mirror throughout each set. With his mostly upright positioning, he targets his upper, inner back (lower traps). And 315-pound (143kg) rows are excellent for overall dorsal thickness. The two Ds, density and detailing, were Big Ramy's emphasis on back days in 2015.

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BIG RAMY

2015 Arnold Brazil Champion
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V-HANDLE PULLDOWN

SETS 3 **REPS** 10
WEIGHT 210lb (95kg)

EQUIPMENT

Pulldown station,
two D-handles

GRIP Parallel
with straps

FORM The secret to this V-handle pulldown is that it's actually performed with two D-handles (both attached to the same snap link at the end of an overhead cable), which creates a collapsible and expandable V-handle. At the stretch of each rep (arms straight up), Ramy's palms are nearly together. As he pulls down, he moves the handles apart, so at each contraction the handles are as separated as possible. The D-handles go from nearly perpendicular to the floor at the start to nearly parallel to his chest at the bottom. He also leans backwards slightly throughout the concentric half of each rep.

FOCUS Two D-handles give him greater mobility than a V-handle, and this allows him to expand his range of motion, getting longer stretches at the top of reps and stronger contractions with his elbows pulled further back at the bottom of reps. It may seem minor, but these little tweaks can make a big difference when multiplied by reps and sets and workouts. "I like the freer motion on every rep and the better squeeze at the bottom of reps," Elssbiay says of the twin D-handles.



Use both wide and narrow hand spacings to target all areas of the complex back musculature. V-handle pulldowns allow for a greater stretch at the top and a stronger contraction at the bottom.

TOP DEADLIFT

SETS 3 **REPS** 10
WEIGHT 495lb (224.5kg)

EQUIPMENT Olympic barbell, rack

GRIP Overhand with straps, shoulder width

FORM After a warm-up to set his range of motion, Big Ramo proceeds to five plates. He wears a belt. Because each set is launched by taking the weight from a rack, he starts from the top position (body straight). He then lowers the bar to his knees, which have unlocked only a little, and pulls the bar back up to lock out again. This is similar to a rack pull, but he's not lifting the bar off the support bars each time. Instead, it's his responsibility to stop the bar's descent before pulling it up again.

FOCUS By doing only the top halves of deadlifts, Elssbiay eliminates most of the leg and glute activation that occurs on reps pulled from the floor. Therefore, this becomes more of a back exercise (hitting especially the spinal erectors and traps) and less of a posterior chain exercise working the lower and upper body together. In addition, by doing top deads near the end of his back workout, he can focus them more on his pre-exhausted back and avoid using the monstrous weights he could pull at the beginning of his routine. Still, there is a risk of injury when handling nearly 500 pounds without support racks, so Ramo watches his form and range of motion in a mirror on every rep, concentrating on owning the weight and never letting the weight own him.



ELSSBIAY'S BACK WORKOUT

| EXERCISE | SETS | REPS |
|--------------------------|------|------|
| Hammer strength pulldown | 4 | 10 |
| Hammer strength row | 4 | 10 |
| Barbell row | 3 | 10 |
| V-handle pulldown | 3 | 10 |
| Top deadlift | 3 | 10 |
| Stiff-arm pulldown | 3 | 10 |



The cable stiff-arm pulldown mimics free-weight dumbbell pullovers and the old-school Nautilus pullover machine. All three are isolation moves designed to target only the lats.



STIFF-ARM PULLDOWN

SETS 3 **REPS** 10
WEIGHT 180lb (81.5kg)

EQUIPMENT Overhead cable station, slightly cambered bar

GRIP Overhand with straps, shoulder width

FORM He stands six feet (1.8m) from the cable and bends his upper body forward at an angle approximating the minute hand at 9 o'clock. While keeping his enormous arms slightly bent but elbows locked, he pulls the bar down and towards him. His arms serve as levers as the bar goes in an arc from approximately the level of his blue Nike cap to touching his quads.

FOCUS With the bar against his thighs, he holds each contraction for a second and squeezes his lats. "I really feel this in my outer lats," Ramo says. "And it's a good way to both stretch out and contract the lats at the end of a back workout. It always feels good to end with these. The weight isn't so important. What's important is strict form and really focusing on your lats." **FLEX**



BY GREG MERRITT PHOTOGRAPHS BY KEVIN HORTON



BIG RAMY'S chest test

A quiz on Mamdouh Elssbiay's all-inclusive chest workouts

■ We journeyed to Mamdouh “Big Ramy” Elssbiay’s “home office,” the appropriately mammoth Oxygen Gym in Kuwait City, Kuwait, to witness how the largest bodybuilder of all time is growing a chest to match the rest of his 177cm, 143-kilo physique. Here are eight takeaways, presented in quiz form:

1) Big Ramy aims for 10 reps on every set.

☐ True ☐ False

2) Elssbiay does incline dumbbell flyes first in his chest routine.

☐ True ☐ False

3) The most common technique used in his chest routine is dropsets.

☐ True ☐ False

4) Elssbiay rarely goes heavy on the bench press.

☐ True ☐ False

5) Ramy takes a relatively wide grip when doing Smith machine presses and barbell bench presses.

☐ True ☐ False

6) Elssbiay finishes his chest workout with machine flyes, but he could also use pec-deck flyes because they hit the same area.

☐ True ☐ False

7) He executes machine press reps at a slow or moderate pace.

☐ True ☐ False

8) Big Ramy pushes every working set to full-rep failure or beyond.

☐ True ☐ False

EXTRA-CREDIT QUESTION

Elssbiay, who was born in Egypt and now lives in Kuwait, finished fifth in the 2015 Mr Olympia. Name the two bodybuilders who were also born in the Middle East who finished higher than that in previous Olympias?

1) **FALSE** HIS REP COUNTS VARY

For chest, back, shoulders and legs, the mass monster alters his target reps each week, progressing from 6 to 8 to 10 to 12 to 15 over five weeks. Then he starts the five-week cycle again at 6. The rep progression allows him to change his focus subtly each consecutive workout, journeying from 6-rep strength sets to pump-up sets of 15 over five-week spans.

2) **TRUE** TO PRE-EXHAUST HIS UPPER CHEST

By doing an isolation exercise (incline flyes) before a compound exercise (Smith machine incline presses) focused on the same area (upper chest), the 2015 Arnold Classic Brazil champ's upper pectorals are already tiring before he moves on to the presses. Doing this assures that his pecs will fail before his front deltoids and triceps can take over. Of course, it also means he can't hoist as much iron in the presses as he could otherwise, but it's much more important to Elssbiay that each rep of both the flyes and the presses is targetting his upper chest. He needs to maximise muscle there in order to keep it in line with its neighbours: his colossal delts and traps. Upper chest pre-exhausting is the perfect one-two combination to launch his workout.

3) **FALSE** HE USES FORCED REPS MOST

Big Ramy does mostly straight sets with strict form. His trainer, Ahmad Alaqi, is always lurking to make certain he hits his rep target with proper form. On the last set of most exercises, Alaqi helps just enough so that Elssbiay ekes out a couple of extra reps.

4) **TRUE** HE STICKS TO MODERATE WEIGHTS

He hit 365lb (165.5kg) for 10 in the workout we observed, which is still impressive. But heavy is determined by how many reps you do, not how much metal you hoist. Ten reps is a moderate set. Lower than 6 reps is a heavy set. Click on a rep calculator, and you'll see that 365×10 equates to around 500 (226.5kg) for a single and 425 (193kg) for 4 reps.

Ramy doesn't go up to five plates, and he rarely slides on four wheels anymore. As we discussed in the answer to Question 1, his reps vary from 6 to 15. He never goes heavier than that, and he hardly ever barbell bench-presses for single digits (he'll do a different exercise on his heaviest days).



CHEST WORKOUT

| EXERCISE | SETS | REPS | KILOS |
|-------------------------------|------|------|---------|
| Incline dumbbell flye | 3 | 10 | 28-50 |
| Smith machine incline press | 3 | 10 | 130-150 |
| Barbell bench press | 3 | 10 | 140-165 |
| Hammer strength decline press | 3 | 10 | 70-130 |
| Machine flye | 3 | 10 | 70-80 |



5) **TRUE** 1" (2.5cm) PAST THE KNURLING STRIPE

The key term here is *relatively wide*. Due to his XXXL clavicles, his grip on a barbell is lengthy. His index fingers are an inch beyond each knurling stripe with his thumb on the knurling stripes. This allows his forearms to stay perpendicular to the floor throughout each rep. For your forearms to do the same, you'll likely need a narrower grip. But whether your grip is "narrow" or "wide" is all relative to your skeletal structure. Choose the grip that best fits your body.

6) **FALSE** MACHINE FLYES HIT MORE OF THE OUTER PECS

When doing a pec-deck flye, your arms are bent at 90-degree angles and your forearms are held vertical, pressing against pads. A machine flye more closely mimics a flat dumbbell flye, but from a seated position. So your arms are straighter, and they remain parallel to the floor from start to finish. You also grip handles instead of pushing pads. Your elbows come closer together when doing a pec-deck flye, thus it better stresses your inner pecs. It also removes the front delts from the movement to truly isolate the chest.

Machine flyes flip this script. They provide for a longer range of motion and a greater stretch, which in turn hits the outer pecs more (though they also work the sternum region). By enlisting some front-delt assistance, they allow you to go heavier, and that greater overload can in turn stimulate more growth. Elssbiay and his trainer know there are distinct advantages to both pec-deck and machine flyes. That's why Big Ramy does both – just not in the same session. The two exercises are too similar to do in one workout, but different enough to make certain both fit into his program.

7) **TRUE** THE PACE IS UNHURRIED

He does his Smith machine inclines at a measured pace, and he slows his hammer strength declines down to such a degree that they stop. He holds each contraction of these mechanical declines for three seconds, tensing his pecs as hard as possible. Slower reps allow him to focus more on his pectorals from stretch to contraction.

8) **FALSE** LAST SETS ARE USUALLY RESERVED FOR FAILURE

Typically, only the last set of each exercise goes into the no-surrender zone, and on that one he may get 2-3 forced reps from Alaqi. The final set is also his heaviest. The Egyptian-born Elssbiay pyramids his weights but rarely pyramids his reps. For example, when he did incline dumbbell flyes in the workout we watched, he started with 60-pounders (28kg) for 10 reps on what was essentially a warm-up. Then he got a hard 10 with the 90s (40.5kg). Finally, he did an all-out set with the 110s (50kg), failed at eight, and squeezed out two additional forced reps with help from his trainer. So he hit 10 on every set, but with differing weights and intensity each time.

EXTRA CREDIT ANSWER

Samir Bannout and Mohamed Makkawy totalled five top-four Olympia finishes over a four-year span. Bannout, who won the 1983 Olympia after placing fourth the year before, was born in Lebanon and now lives in Southern California. Mohamed Makkawy was runner-up in the 1983 and 1984 Olympias and fourth in '85. Born in Egypt, he now resides in Toronto, Canada. **FLEX**



BY ANITA NIKOLICH
PHOTOGRAPHS BY GREGORY JAMES

RIGHT DOWN THE MIDDLE

Mike Liberatorore's streamlined abs

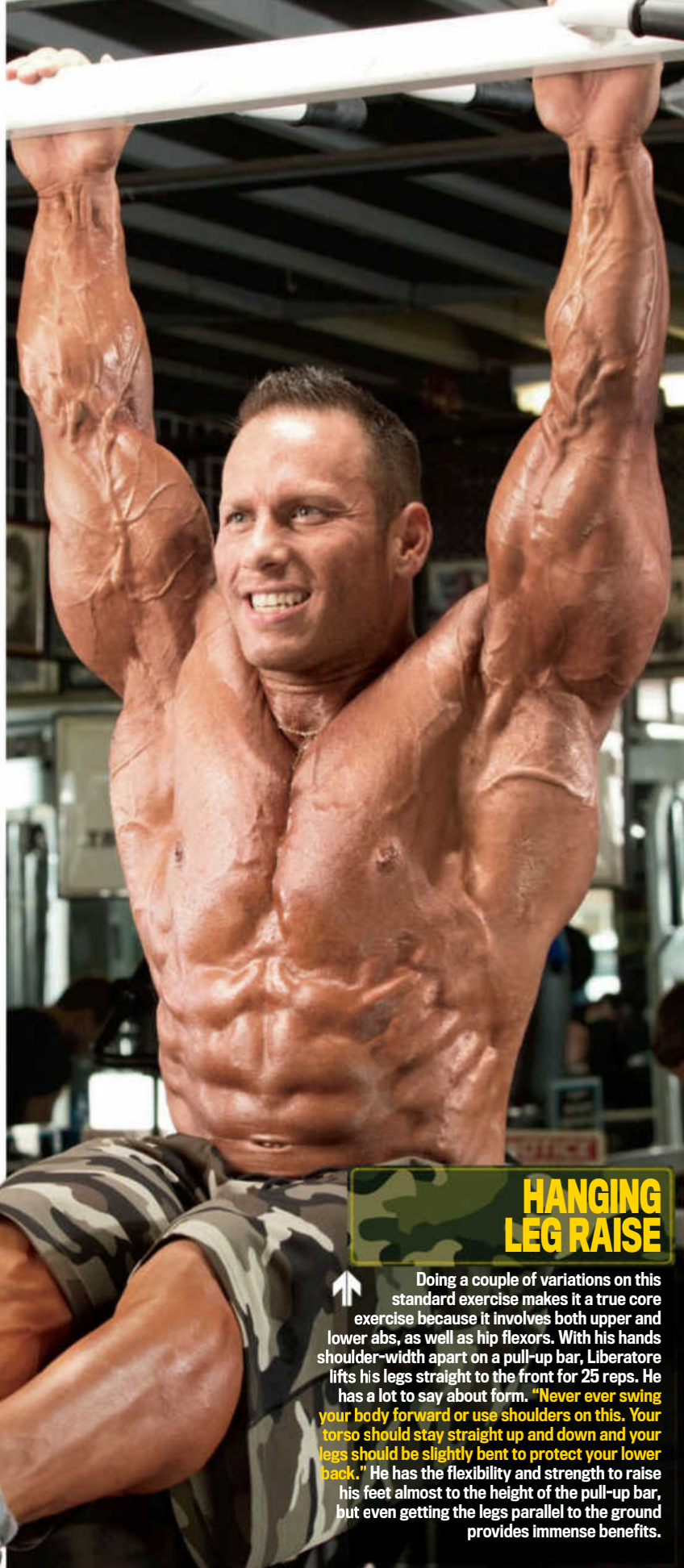
Chances are most FLEX readers don't follow men's gymnastics.

But even if you just catch a glimpse of them during the Olympics or while flipping through the sports channels, you can't help but notice that, in addition to their massive shoulders and forearms, most male gymnasts have phenomenal abdominal development. Not only was Mike Liberatore a gymnast in his younger years, he was also a college cheerleader. Holding his body steady in an iron cross on the rings and hoisting cheerleaders onto his shoulders and sending them spinning into the air taught him a thing or two about ab development, namely that strong abs are fundamental to lifting heavy as well as maintaining a strong back. He took the principles he learned before bodybuilding and kept training using many of the same techniques, particularly with his abs, which have allowed him to keep a small waist while developing the rest of his physique.

"Abs are a lost art," Liberatore declares, expressing surprise that we wanted to showcase his ab routine. "You never see magazine articles on them. You don't see streamlined abs onstage these days. It's like no one trains them any more." As Liberatore's fans well know, he has a penchant for what he believes were the more aesthetic physiques of the pro bodybuilders who competed in the late 1980s and early 1990s. He emulates that classic look - the small waist and massive shoulders - and has worked hard to achieve it in his own physique. It's one thing on which he won't compromise as he continues his bodybuilding career.

I asked Liberatore if he splits his ab workout into sections to target the upper and lower abs as well as obliques? "I was always taught you can't work them separately and that you should just train the entire midsection by using different exercises," he says. He admits that an exercise that brings your knees to the chest generally works lower abs, but everything else is simply a variation on working the entire core. "I don't keep my legs too straight on any exercise because that builds hip flexors but not abs," he says.

People who train abs regularly are split into two camps: those who favour using weights for their routine and those who believe that technique builds up the mid-section. You can tell which camp Liberatore falls



HANGING LEG RAISE

Doing a couple of variations on this standard exercise makes it a true core exercise because it involves both upper and lower abs, as well as hip flexors. With his hands shoulder-width apart on a pull-up bar, Liberatore lifts his legs straight to the front for 25 reps. He has a lot to say about form. **"Never ever swing your body forward or use shoulders on this. Your torso should stay straight up and down and your legs should be slightly bent to protect your lower back."** He has the flexibility and strength to raise his feet almost to the height of the pull-up bar, but even getting the legs parallel to the ground provides immense benefits.

RIGHT DOWN THE MIDDLE

into by his response: "Except for some resistance on my rope crunches, I use only my body weight for abs. You don't need to use weight, especially for obliques. Who wants to build up their waist? I don't get it when I see guys doing abs with a plate." A final, but not obvious, tip he has for building six-pack abs is to wear a weight belt sparingly. "I wear it only for certain exercises like the deadlift when I need to protect my lower back. People tend to relax their abs over the top of the belt. I prefer to keep them tight even when I wear it."

Liberatore follows a no-frills, simple routine consisting of a few stock exercises that he does three days a week before a contest and two days a week off-season. You don't need to even go to the gym to follow this routine. If he's short on time, he combines abs and calves into one workout, sometimes squeezing them in after cardio if necessary. But he generally dedicates 15 minutes after a chest or arms workout to knock out his ab routine. He walked me through his favourite exercises that he's been doing since his days as a gymnast.

LYING LEG RAISES

(not pictured)

Functionally similar to the hanging leg raise is his next exercise, the lying leg raise, which can be done on a bench or the floor. When starting, you can place the hands under the glutes to support the pelvis with the palms facing down, but eventually, as you build more stability throughout the core, you should be able to perform these with the arms to the side. The movement is simple - keeping just a slight bend in the legs, raise them as far as possible above parallel, hold for 30 seconds and then lower back down in a smooth motion. As you get stronger, your body should look like a V-by raising the legs above parallel along with the arms. But beginners can bring the knees towards the chest instead of keeping the legs straight.



SIDE HANGING LEG RAISE



If you're really up for a challenge, try doing what he does next. He stays hanging on the bar. Holding the legs straight in front (with a slight bend) and keeping his torso just as upright, he moves his legs all the way to the right and slowly back to centre, then all the way to the left and slowly back to centre. "I did a lot of these in gymnastics," Liberatore says, "because that sport required a lot of functional strength. It builds up the obliques a lot." He does 25 reps of these, in which a rep includes both the left and right side.

A full-page photograph of a very muscular man, likely a bodybuilder, performing a kneeling cable crunch. He is shirtless, wearing camouflage shorts, and is in a kneeling position with his back to the camera, pulling a rope handle from a high pulley down towards his knees. His arms are extended upwards, holding the rope with both hands. He has a focused expression. The background shows a gym setting with various pieces of equipment.

KNEELING CABLE CRUNCH

← If you're just starting to focus on training abs, this is the best starter exercise because it's easy on both the lower back and hips. "This is the most common exercise I do for abs, but it has to be done right," Liberatore advises. **"You have to lock your arms in place and just hold on to the rope like a hook."** He does these facing away from the weight stack, but you can do it facing towards it – just give yourself enough room so you're not sitting back on your ankles. Keeping the quads perpendicular to the floor rather than sitting on your ankles forces you to exclusively use the abs and not rely on body weight to bring the rope down. (If your gym lacks a rope, you can attach a handle or just grab the cable itself with both hands.) Liberatore keeps his back almost flat and holds the tension in his abs the entire time as he crunches downwards, bringing his elbows to his knees, then back up. He also makes sure the rope stays right next to his ears the entire time.

LIBERATORE'S ABDOMINAL TRAINING ROUTINE

| EXERCISE | SETS | REPS |
|-------------------------|------|------|
| Front hanging leg raise | 4 | 25 |
| Side hanging leg raise | 4 | 25 |
| Kneeling cable crunch | 3 | 25 |
| Lying leg raise | 3 | 20 |
| Dragonfly | 2 | 20 |



DRAGONFLY

➔ You should attempt this exercise only if you can master the other ones with perfect form, because the dragonfly is a killer when performed properly. Lie on a bench (or the ground) and drive your shoulders into it while gripping the sides of the bench. You need to keep your lower back, feet and legs off the bench at all times. Now comes the tough part. As Liberatore describes it, "You pull your body horizontal to the floor without letting your hips drop or arching your back." Once you get your body lifted in a controlled manner – almost like a reverse crunch – you then slowly lower it back down, but never let the lower back and hips touch the bench. If you think this seems like a lot more than a basic ab exercise, you're correct. "You need a lot of strength in your chest, hips and back, as well as just your abs," Liberatore says. Since this is an advanced move, he advises progressing to it in stages. "You can start by bending your knees to 90 degrees and just raising your torso up. That way you're getting the majority of the benefit to your abs." He does this one last, but can usually manage only two sets done with strict form.

FLEX



MICHAEL LIBERATORE'S AB TRAINING TIPS

- Wear a belt sparingly.
- Bend your knees slightly to protect your lower back.
- Keep your abs tight during every exercise – not just during direct ab work.

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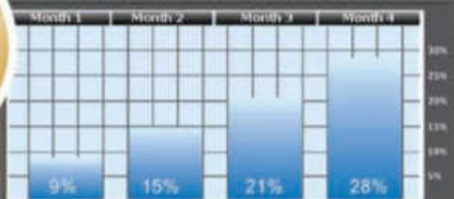
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BODYBUILDING'S IRONMAN,
DEXTER JACKSON SERVES UP
HIS ESSENTIAL ARM-GROWING TIPS
BY GREG MERRITT

2015 was a record year for Dexter Jackson.

On March 7, he won his fifth Arnold Classic (record) and made his 14th Arnold posedown (record) in his 15th Arnold (record). And he did it all at 45, making him the second-oldest male winner of an open IFBB pro contest and easily the oldest winner of a "major." On Sept. 18, when he strolled at his trademark glacial pace to centre stage of Orleans Arena, "the Blade" set another record, one that he'd shared for the previous year with fellow Olympia victor Ronnie Coleman. It was his 16th Olympia entry, more than any other competitor in the O's 51-contest history.

Jackson's Olympia career, highlighted by his 2008 victory, spans from his rookie year in 1999 to the present with no signs of halting. He is bodybuilding's ultimate ironman, and his record-making 2015 is a testament to his sustained excellence. Throughout his long and distinguished career, the Blade's colossal and shapely biceps and triceps have perpetually given him an edge. In honour of Mr Consistency, we've assembled the big man's 16 best arm-training tips.

1 BICEPS EXERCISE SELECTION

I pretty much follow the same biceps routine every workout, but there's a lot of room to switch things up along the way, depending on whatever [trainer] Charles [Glass] wants to do. I start with a machine exercise, then I do a two-arm free-weight exercise, and I finish with a dumbbell exercise, but that still allows a lot of space for variety. I might do barbell curls one workout and EZ-bar curls the next, and the workout after that I might do 21-curls with the EZ-bar or spider curls with a barbell. There's a framework we stick to, but you can work variety into that framework.



MACHINE PREACHERS

Although I recommend free weights for size, I still use machines for variety. Machine preacher curls are good for warming up.

I'll usually do them first. In some ways, they're better than free-weight preachers, because the machine's mechanics keep tension on your biceps throughout the exercise. [Tension is lessened past the halfway point of free-weight preacher curls when you're no longer fighting gravity.]

3 STRONG CONTRACTIONS

Sometimes I'll do the Hammer Strength iso-lateral machine curl, the one where your elbows are elevated to eye level and you curl down. I can get a really good contraction on those. A strong contraction is the most important thing when it comes to training biceps. You want to choose those exercises where you can really get maximum pressure on the bis when your arms are fully bent.

4 MODERATE REPS

I'm not into just pumping up my arms. I'm into making my arms grow. There's a difference. I don't do a bunch of high reps on curls and pushdowns or work really fast or anything. I stick to 8-10 reps, and I go as heavy as I can in that range. That's what makes my arms grow. Of course, my arms do pump up, but that's never my focus.

OLDEST PRO WINNERS

The oldest male winners of IFBB Pro League open contests:

| NAME | AGE | YEAR |
|-----------------|-----|------|
| Albert Beckles | 52 | 1991 |
| Dexter Jackson | 45 | 2015 |
| Johnnie Jackson | 44 | 2015 |
| Troy Alves | 44 | 2011 |
| Toney Freeman | 44 | 2011 |
| Robby Robinson | 44 | 1991 |
| Dennis James | 43 | 2009 |
| Chris Dickerson | 43 | 1982 |
| Ronny Rockel | 42 | 2014 |

MOST OLYMPIA ENTRIES

16 Dexter Jackson

15 Ronnie Coleman
13 Albert Beckles
13 Jay Cutler
13 Shawn Ray
12 Johnnie Jackson
12 Kevin Levrone



PUSHDOWN HANDLES

I'll do pushdowns with either a rope or a cambered bar, and sometimes I'll start my triceps routine with one and end my triceps routine with the other. They both hit your tris slightly differently. With either one, I lean forward a little and then lock my elbows. The only thing that should move are your forearms.

KEVIN HORTON

6 TOGETHER OR APART

I've worked biceps and triceps together and apart over the years, depending on my split. I found working both muscles together in the same workout was best for me, instead of hitting each separately after a larger body part like chest, back or shoulders. It allows you to focus all your attention on arms that day and lift the heaviest weights possible. Sometimes, I'll do biceps first and triceps last. Other times, I'll switch back and forth between a biceps exercise and a triceps exercise, but not supersetting. I'll do all the sets for one [biceps] exercise and then all the sets of the next [triceps] exercise, alternating back and forth like that throughout the workout.

7 SKULL CRUSHER AND PRESS

At the end of my skull crushers [lying triceps extensions], I'll do a few close-grip pressing reps, just hitting the top half of the movement, which is all tris. The presses are a way of keeping the set going a little past failure. When your triceps are exhausted from the skull crushers, you're still going to have some pressing strength left.



BEST SIZE BUILDER

I'm a firm believer in the barbell curl or EZ-bar curl as the No. 1 size builder for biceps. It's the one biceps exercise that allows you to use some big weights. I always want to go as heavy as I can with perfect form for 8-10 reps on either barbell or EZ-bar curls. I'd say more than any other exercise this one is responsible for my arm size.

TRICEPS ROUTINE

| EXERCISE | SETS | REPS |
|-------------------------|------|------|
| Pushdown | 4-5 | 8-10 |
| Lying triceps extension | 4 | 8-10 |
| Overhead rope extension | 4 | 8-10 |

BICEPS ROUTINE

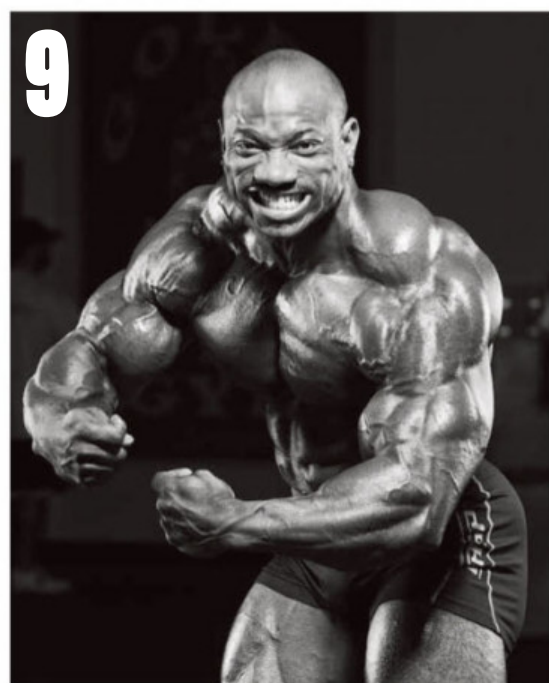
| EXERCISE | SETS | REPS |
|---|------|------|
| Machine preacher curl | 4-5 | 8-10 |
| Barbell or EZ-bar curl | 4 | 8-10 |
| Alternate dumbbell curl or concentration curl | 4 | 8-10 |

FEEL THE MUSCLE WORKING

The key to arm training is the same key to training anything. You need to feel your muscles working throughout every rep. Forget about the weight. Focus on your muscles and focus on those areas of your muscles – like the peaks of your biceps or the outer heads of your triceps – that you want to hit with a particular exercise. I see people all the time humping up curls or swinging up skull crushers. Those are never the guys with the biggest arms in the gym. The guys with the big arms, we stay strict all the time, and we feel our muscles working.

10 FOREARMS

If I ever did wrist curls, it was so long ago I can't remember. I never needed to do them. My forearms got big enough just from gripping weights. Not training forearms allows me more time and energy to focus on all the other things I want to improve. But that's just me. If your forearms aren't big enough, maybe you need to train them. Maybe you even need to give them a special focus.



11 SPIDER CURLS

An exercise that Charles [Glass] got me doing is spider curls lying facedown on an incline bench. I let my arms hang down so they're perpendicular with the floor, and then I curl an EZ-bar up. This one really works the contractions. It's almost like I can feel my biceps peaks getting higher.

12 COMPOUND SETS

I've done every kind of intensity technique over the years. The one I used that brought on the most growth in my arms was trisets [three exercises performed without rest] or giant sets [four or more exercises performed without rest]. For triceps, I'll always start with four or five sets of pushdowns on their own. Then I do the trisets. I'll do dips on a machine, lying triceps extensions and overhead rope extensions. Rotate through those three exercises four times [8-10 reps per set] without resting between sets, and you'll get a great pump. Trisets and giant sets are effective for shocking stubborn muscles into growing. I use them a lot pre-contest.

13 21-CURLS

One thing Charles has me doing sometimes is 21-curls. With these I do seven reps going from the bottom to halfway up, then seven reps going from halfway up to the top and then seven full reps. That's one set. These are a great final exercise for my arm workouts. They really blow out my bis and make sure I get everything I can get out of the workout.

14 MACHINE DIPS

With machine dips, you want to stay upright and keep that tension on the tris. If you lean forward, you hit the chest more. I don't like to go too high. Bringing your elbows high activates more of your chest and delts. I just want to keep tension on the tris, and for that I just go from about halfway up to all the way down. Also, don't pause long on the bottom. I want to keep moving, keep my tris working.

15 ISO TENSION

One of those things that really bring out the extra qualities in your muscles is posing. I can get a great pump from just posing my arms. Definitely going into a contest, posing practice is like an extra workout focused only on the contractions, so you can really bring out the biceps peaks and separation in the three triceps heads. The thing is, you don't have to be a competitor to benefit from this. Anyone can benefit from flexing their arms, whether between sets or later at home. It's going to strengthen that mind-to-muscle connection that's so important to getting effective workouts. If I have a secret, this is it. Flex your arms.



DUMBBELL FINISHER

For my last biceps exercise, I'll either do alternate dumbbell curls, concentration curls or hammer curls. Whichever one I do, I really want to feel the tension on the contractions with these. When doing the alternate dumbbell curls or the concentration curls, I twist my wrists so my pinkies are up, and I squeeze as hard as I can on contractions. **FLEX**

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"I play basketball and High Octane has taken my game to a new level. Just when I think I should be getting tired is when it really kicks in. Unending stamina, strength and mental clarity like I have never experienced, with no come down. Unbelievable."

S.P

"I took your recommended dose of High Octane before a long distance cycle race that I usually just barely finish. This time I finished 3rd in my age group and I wasn't even tired when it was over. I'm 65 years old. Thanks a lot Eden Healthfoods."

T.M



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